

## Chicken with Mustard Leaves Recipe

### Ingredients:

2 organic chicken drum sticks  
1 mustard heart with leaves  
4 slices ginger

### Seasonings:

1 tablespoon Chinese cooking wine  
1 teaspoon salt or to taste

### Method:

Chop chicken into small bite-sized pieces. Blanch to remove impurities, rinse and put in 7 cups of boiling water. Reduce heat to low and add wine and ginger and cook for 10 minutes. Peel off mustard leaves leaf by leaf. Cut into small pieces, blanch for about 5 minutes, remove and rinse under cold water. Add to chicken when chicken is done, cook together for 15 minutes. Add salt to taste, remove from heat and serve.

**Note:** Mustard heart may be cooked for long periods with or without leaves. Cooking times should be shortened if cooking with leaves. Blanch before cooking to preserve its color. Chicken drumsticks have firm meat. A half chicken may be used if desired. Ribs may also be prepared in this manner.

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