

Hsien-Tsao Chicken with Ginseng Recipe

Ingredients:

1/6 lb dried Hsien-tsao (a kind of Chinese medicinal herb)
2 free-ranch chicken thighs
2 chien ginseng

Seasonings:

1 tablespoon cooking wine
1 teaspoon salt

Method:

Soak dried hsien-tsao in water for 20 minutes, then rinse out the impurities and mud until the water comes out clean, then add 20 bowls of water and cook over low heat until the liquid has reduced to half, then remove and discard the Hsien-tsao. Rinse chicken thighs well and chop into 2 pieces each. Blanch in boiling water to remove the blood, then rinse. Remove to the inner pan of a rice cooker with Hsien-tsao liquid, ginseng and wine added. Then place the pan to the rice cooker. Add 5 cups of water outside the inner pan and cook until the switch pops up and remove. Add salt to taste if desired and serve.

Note: Ready made Hsien-tsao jelly sold in market contains starch and is not suitable for stewing chicken. If you find this process troublesome, make in large quantities, then freeze extra for later convenience. Canned Hsien-tsao concentrate may also be purchased from the market. Just buy one can and save all the trouble.

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