

Sesame Oil Chicken Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

2 half free range chicken legs

6 ginger slices

Seasonings:

5 tablespoons black sesame oil

1 cup cooking wine

1 cup water

Method:

Chop chicken into pieces, blanch in boiling water to remove blood, then rinse well. Stir-fry ginger with black sesame oil until fragrant and burnt, add chicken and wine, mix well, then add 1 cup of water and reduce heat to low and cook for 20 minutes until tender and flavor is absorbed. Remove and serve hot. Use free range or half free range chicken to cook this dish, do not use broiler chicken which has a poor texture and is not chewy enough. Chicken wings or half chicken can be added. Black sesame oil is superior to others. Stir-fry ginger over low heat or it will become bitter. Stir rapidly, add chicken when ginger is slightly burnt and curled up, if ginger is not fried enough, the spicy flavor will be too heavy and spoil the dish.

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