

Steamed Chicken with Ginseng Recipe

(Dak Jjim - Korean Recipes)

Ingredients: Serves 4

1 chicken (weighing about 1kg)
1⅔ cups water
1 teaspoon salt
1 finger-thick piece fresh ginseng root
or 2 tablespoons dried ginseng root

Stuffing:

4 dried chestnuts, soaked in water for 30 minutes
4 baby potatoes (optional)
3 dried red dates
3 cloves garlic
1 slice ginger
½ teaspoon salt

Method:

Rinse the chicken inside and out, pat dry with paper towels and fill the cavity with the Stuffing. Close the cavity of the chicken by threading a skewer in and out of the flap. Place the chicken in a pressure cooker and add the water, salt and ginseng. Close the cooker and bring up to pressure. Cook for 20 minutes, then reduce the pressure, but continue to cook the chicken for another 10 minutes until the meat is very tender. If using a pot, simmer tightly covered for 1 to 1¼ hours, adding a little more water if the sauce evaporates. Ensure you turn the chicken several times during cooking to cook it evenly. Serve the chicken whole or cut into smaller serving pieces.

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