

## Steamed Chicken with Ham Recipe

**Ingredients:** Serves 4

1 chicken  
300g mustard greens (kailan)  
1 tablespoon salt  
1-inch piece of ginger, sliced  
2 stalks scallions (spring onions)  
100g ham  
225ml chicken stock  
1 teaspoon soy sauce  
1 tablespoon rice wine or dry sherry  
1 teaspoon sugar  
½ teaspoon sesame oil  
1 teaspoon corn flour

### **Method:**

Parboil the Chinese kale. Rub the salt over the chicken and stuff the cavity with the ginger and scallions. Cook the chicken in a steamer for 20 minutes. Alternatively, fill a large pot with water and bring it to a boil. Put the chicken into the pot, cover, and turn off the heat. Cook for 30 minutes then remove the chicken. Bring the same water to a boil, again, then return the partially cooked chicken to the pot, cover, and, once again, turn off the heat. Remove the chicken when it is fully cooked. This should take about 15-20 minute. Test by inserting a fork into the thigh of the chicken; the bird is cooked when the juices run clear. Reserve the stock. Allow the chicken to cool, discard the ginger and scallions, de-bone and chop the chicken into serving pieces. Slice the ham into pieces of a similar size as the chicken pieces. Arrange the chicken on a platter with a slice of ham on each piece. Fill the gaps between the meat with the cooked kale. To make the gravy, heat 1 cup of the chicken stock, soy sauce, wine, sugar and sesame oil over low heat. include the corn flour and keep stirring. When the sauce has thickened, pour it over the dish and serve.

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