

Stewed Chicken Leg Recipe

(Taiwanese Recipe)

Ingredients: Serves 2

2 chicken legs

Seasonings:

1 pot basic stewing broth

(pls. refer More Taiwanese Recipes below)

Method:

Blanch chicken legs first, then remove and rinse well. Cook in stewing broth over low heat for 20 minutes. Remove from heat and soak in broth until the liquid begins to cool. Remove and serve. Select partial free range chicken or meat chicken legs to stew. The former is bigger in size with a springier texture. The latter is cheaper and the texture is loose and tender. Score on both sides of chicken to make the chicken legs cook more rapidly and they absorb the flavor more easily.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]