

# XO STEAMED FREE RANGE CHICKEN

## EQUIPMENT

SMALL BAKING TRAY, LARGE BAKING TRAY, CHEF'S KNIFE, SPOONS, MEDIUM SIZE FRYPAN,  
BOWLS, PASTRY BRUSH, MICRO-PLANE  
SMALL PERFORATED BAKING TRAY, FOIL, MIXING BOWLS, PASTRY BRUSH, MICRO-PLANE

## INGREDIENTS

1 X SIZE 16 FREE RANGE CHICKEN, 1 BUNCH (3 HEADS) BOK CHOY, 1CM PIECE PEELED GINGER, 100GM LONG GRAIN RICE,  
150GM COLD WATER, 2-3 LAP CHEONG (CHINESE SAUSAGE) 40GM XO SAUCE, 10GM SOY SAUCE, SALT FLAKES

## METHOD

TO BEGIN: PLACE THE RICE INTO A SMALL BAKING TRAY AND GRATE THE GINGER OVER THE RICE. POUR THE WATER OVER THE RICE AND COVER THE TRAY TIGHTLY IN FOIL. PLACE THE TRAY INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 13 MINUTES.

PLACE A FRYPAN OVER MEDIUM HEAT AND FINELY SLICE THE CHINESE SAUSAGE INTO SMALL DISCS. ONCE THE PAN IS HOT ADD THE SAUSAGE TO THE PAN AND COOK UNTIL THE FAT RENDERS FROM THE SAUSAGE. (2- 3 MINUTES) ONCE COOKED REMOVE THE SAUSAGE AND FAT FROM THE PAN AND SET ASIDE.

IN A SMALL MIXING BOWL MIX TOGETHER THE XO SAUCE AND SOY SAUCE AND SET ASIDE.

PREPARE THE CHICKEN BY PATTING IT DRY THOROUGHLY INSIDE AND OUT WITH PAPER TOWEL. ONCE THE RICE HAS COOKED REMOVE THE FOIL FROM THE BAKING TRAY AND SEASON THE RICE LIBERALLY WITH SALT. ADD THE CHINESE SAUSAGE AND 3-4 TEASPOONS OF XO AND SOY MIX TO THE RICE.

MIX ALL INGREDIENTS THROUGH THE RICE UNTIL WELL COMBINED.

STAND THE CHICKEN ON ITS END WITH THE CAVITY FACING UPWARDS AND SEASON THE INSIDE WITH SALT. SPOON THE RICE MIX INTO THE CAVITY AND PACK IT IN AS YOU GO WITH THE BACK OF THE SPOON. FILL THE CAVITY WITH AS MUCH RICE AS POSSIBLE.

TO SEAL THE CAVITY MAKE SMALL INCISIONS IN THE EXCESS FAT ON EACH SIDE OF THE CAVITY AND POKE THROUGH THE LEG FROM THE OPPOSITE SIDE OF THE CUT. THE LEGS SHOULD CROSSOVER.

PLACE THE CHICKEN ONTO A SOLID BAKING TRAY AND SEASON IT LIBERALLY WITH SALT. BRUSH THE ENTIRE OUTSIDE OF THE CHICKEN WITH THE REMAINING XO MARINATE AND PLACE THE TRAY INTO A PRE-HEATED OVEN STEAM SETTING 90°C FOR 1.5 HOURS.

CUT EACH HEAD OF BOK CHOY IN HALF AND WAS IT WELL UNDER COLD RUNNING WATER. PLACE THE BOK CHOY ON A PERFORATED TRAY AND SET ASIDE.

ONCE THE CHICKEN IS COOKED REMOVE IT FROM THE OVEN AND PIERCE THE THIGH WITH THE TIP OF A KNIFE TO ENSURE THE JUICES RUN CLEAR AND THE CHICKEN IS COOKED. COVER THE CHICKEN WITH FOIL AND SET ASIDE TO REST.

POUR THE JUICES THAT HAVE POOLED IN THE BOTTOM OF THE TRAY INTO A SAUCEPAN AND PLACE OVER MEDIUM HIGH HEAT AND REDUCE BY HALF.

PLACE THE BOK CHOY INTO THE OVEN STEAM SETTING 100°C FOR 6 MINUTES.

ONCE THE BOK CHOY HAS COOKED REMOVE IT FROM THE OVEN AND PLACE IT ON A LARGE SERVING PLATTER. PLACE THE CHICKEN ON TOP OF THE BOK CHOY AND POUR OVER THE REDUCED SAUCE AND SERVE.

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**HINTS & TIPS**

- STEAMING WHOLE CHICKENS WILL CHANGE THE WAY YOU THINK ABOUT YOUR WEEKLY ROAST CHICKEN DINNER. THE MOISTURE FROM STEAMING WILL KEEP THE CHICKEN SO MOIST YOU WON'T BELIEVE HOW SUCCULENT IT IS.
- FILLING YOUR CHICKEN WITH A FLAVOURED RICE MEANS YOU DON'T HAVE TO CONCERN YOURSELF WITH A SIDE DISH FOR YOUR DINNER.
- XO SAUCE WAS DEVELOPED IN HONG KONG IN THE 1980S AND CAN BE FOUND AT MOST ASIAN GROCERS. IT IS A COMBINATION OF DRIED SCALLOPS, SHRIMP, CHILL, GARLIC AND OIL.