

CHICKEN SOUP WITH NEW AND OLD PICKLED CHINESE TULIP

INGREDIENTS

Chicken, whole 1 (about 1,200g), sliced ginger 2 pcs (about 20g), new pickled Chinese tulip 50g, old pickle Chinese tulip 30g, salt 1tsp, sugar 1tsp, Chinese leek 1 pc

SEASONING FOR CHICKEN

Light soya sauce 1/2tsp, Xiaoxin wine 1tsp, corn flour 1tsp

Methods:

1. Thoroughly clean the chicken, debone the breast and thighs, then cut the meat into 1-inch cubes, mix in seasoning and set aside.
2. Remove the white from the Chinese leeks and julienne.
3. Chop the old pickled tulip into pieces.
4. Soak the new pickle for 20 minutes, then drain and cut into small pieces.
5. Blanch the remaining chicken meat and bones in a pan for 2 minutes, then drain. Put the now parboiled chicken meat and bones in a heat-proof vessel and add 1 litre of water. Add the ginger, new pickle, salt and sugar. Cover the vessel with heatproof plastic wrap and place in the Miele puresteam at 100°C for 3 hours.
6. Remove the chicken meat and bones from the soup. Add the seasoned meat from the breast and thigh together with the old pickle.
7. Cover the vessel again with heatproof plastic wrap and steam in the Miele puresteam at 100°C for 30 minutes.
8. Put the julienne leek inside a bowl and pour the soup with chicken meat over it to serve.

Cooking tips:

- Old pickled tulip is pickled tulip that has been aged for 10 years or more. Dark in color, it has a strong fragrance. According to traditional Chinese medicine, it can stop coughing and help release toxins from the body.





新陳菜脯雞湯

材料

雞1隻(約1200克)、薑2片(約20克)、菜脯50克、老菜脯30克、鹽1茶匙、糖1茶匙、京蔥1棵

雞肉調味料

生抽1/2茶匙、花雕酒1茶匙、生粉1茶匙

做法：

1. 洗淨雞隻並把毛拔掉，把雞胸和雞腩肉切下來，去骨、切成1吋x1吋方型小塊，調味備用。
2. 京蔥只要蔥白，切絲。
3. 老菜脯切成小塊備用。
4. 菜脯浸20分鐘，瀝乾，切成小塊備用。
5. 把餘下的雞肉和雞骨放煲內以中火焯2分鐘出水。把已出水的雞肉和雞骨放在耐熱容器內，注入1公升水，下薑、菜脯、鹽和糖，蓋上耐熱保鮮紙，放Miele蒸爐以100°C蒸3小時。
6. 把湯內的雞肉和雞骨棄掉，加進已調味的雞肉塊和老菜脯。
7. 為容器蓋上耐熱保鮮紙，放Miele蒸爐以100°C蒸30分鐘。
8. 在湯碗內放進京蔥絲，把燉好的湯和湯料倒進碗內即可上碟。

烹調小貼士：

- 老菜脯是指醃製後存放10年以上的菜脯，色澤呈深黑而味道濃郁，可在雜貨店購得。中醫認為老菜脯有止咳解毒功效。

