

Soy Chicken (See Yao Gai)

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Preparation: 10 minutes
Cooking: 4 hours
Yield: 4 servings
Cuisine: Chinese
Meal: (null)



This recipe must be followed to the TEE. If you do not add the soy sauce it then becomes Bok Yao Gai (White Boiled Chicken) Never the less a very easy way of making a Chinese boiled chicken. (My recipe tested over 20 years)

Ingredients

1	whole chicken, about 4 lbs.	3 tsp	Salt
12	raw ginger thinly sliced	6	garlic smashed
4	star anise	1	large onion cut into quarters
2	cup dark soya sauce		

Directions

Take your chicken out of the refrigerator an hour before you plan to cook. You'll want it at room temperature when it hits the pot. Remove the giblets, and thoroughly rinse the chicken inside and out.

Add all ingredients into the pot.

Add enough water to cover the chicken. (eye ball it)

Bring water to rolling boil and slowly insert the chicken into the pot. Now make sure the water covers the chicken completely. Add more water at this point to cover the chicken completely.

Bring the water back up to a boil cover and cook for about two minutes. (yes I said for only two minutes)

Shut the stove off, do not lift the lid to peek. (yes you lift the lid don't complain it did not work)

Come back about 5 hours later, lift the chicken out drain make sure all the water has left the chicken. Discard the rest of the ingredients in the pot it is no longer needed.

Put the chicken in the frig for about 3 hours to completely cool.

Now you can chop it into what ever pierces you wish.