



Hainanese chicken rice

Prep: 20 minutes • Cook: 1 hour, plus 10 minutes resting time • Serves: 4



Ingredients

1-1.3kg whole chicken (100g cooked chicken per person)
 5 spring onions, green tops only (reserve the white parts for the sauce)
 2 litres very low-salt/ zero-salt chicken stock
 25g ginger, peeled and cut into 3 chunks

Chicken rice

50g chicken skin trimmings (sliced)
 3 garlic cloves, peeled and finely chopped
 240g jasmine rice

Spring onion and ginger sauce

3 tablespoons vegetable oil
 White parts from the 5 spring onions, finely sliced
 20g ginger, peeled and finely grated
 3 tablespoons reduced-salt soy sauce
 1 tablespoon rice wine vinegar
 2 teaspoons sesame oil

To serve

320g cucumber, sliced
 1 tablespoon sesame oil
 Iceberg lettuce, sliced
 1 tomato, sliced

Nutritional info

Low phosphate ✓
 Low potassium ✓
 Carbohydrate **55.6g**
 Low protein ✗
 Low salt ✓
 Cost per portion (August 2023) **£2.15**
 Energy in kcals **600**

- 1 Remove the excess skin and fat from the whole chicken - keep these trimmings for the rice. Slice the dark green tops off the spring onions and save the white part for later. In a saucepan that fits the chicken snugly, place the chicken, the green spring onion tops, the ginger chunks and the chicken stock - if necessary, top it up with cold water so that the chicken is fully submerged. Set the pan over a high heat and bring to a gentle simmer, reduce the heat and simmer gently for 30 minutes, uncovered, occasionally scooping the foam from the surface and topping up with water if needed.
- 2 In a small pan over a high heat, heat the vegetable oil and add the spring onion slices. Ensure they are coated in oil and fry for two minutes, then add the grated ginger and fry for another two minutes until the onion slices are browned. Switch off the heat and transfer the sauce to a bowl to cool. Once cool, add the soy sauce, rice wine vinegar and sesame oil; stir to combine and set aside.
- 3 When the chicken has reached the end of the cooking time, gently remove from the broth. Place the chicken on a large plate to rest and cool slightly, then pierce the chicken with a knife and ensure that the juices run clear - if not, return it to the pan and simmer for a further 10 minutes before checking again. Once the chicken is thoroughly cooked, set it aside to cool and strain the broth through a colander to remove the spring onion and ginger chunks. Reserve 600ml of the strained liquid to use for the rice.
- 4 Place the chicken fat and sliced skin trimmings into a frying pan and cook over a medium-high heat until it releases about two tablespoons of liquid fat (if your chicken is not very fatty, you can add a little oil to make up the difference). Add the garlic to the chicken fat in the pan and cook for one minute, stirring constantly, until golden. Add the rice and stir well to scrape up any chicken bits from the bottom of the pan.

5 6 See page 2 for steps 5 and 6 →



5 Add 500ml of the reserved chicken poaching liquid. Bring to the boil, turn the heat down to medium and cook the rice, uncovered, for 12-15 minutes until it is just tender - add more liquid if needed. Cover with a lid (or foil if your pan does not have a lid) and rest for 10 minutes. Fluff up with a fork before serving.

6 To serve: pull the meat off the carcass and discard the bones, cartilage and skin. Slice the meat and drizzle it with sesame oil. Serve the chicken coated with the spring onion and ginger sauce and plated next to the cucumber, lettuce, sliced tomato and rice. Serve the remaining 100ml of chicken broth next to the dish, to be drizzled over the top if desired.