

Cantonese Poached Chicken



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Ingredients:

Chicken:

1 pc Qing Yuan chicken
(Around 2 kg)

Cooking oil, to taste

Dipping sauce:

50 g minced garlic

40 g light soy sauce

10 g chopped chili sauce

40 g ice-cold water

Workflow:

1. Remove the internal organs from the Qing Yuan chicken, as well as the head and neck. Wash the chicken thoroughly and place it on a steam plate. Put the steaming tray on the third layer of the steam oven. Select 'Steam+' and use 110 °C to steam 20 mins. (Extend the steaming time based on the size of the chicken)
2. While the chicken is steaming, prepare the dipping sauce: Mix minced garlic, light soy sauce, chopped chili sauce, and ice-cold water together until well combined.
3. After the steaming program is completed, carefully remove the steaming plate. Place the whole chicken into iced water to cool down. Brush a thin layer of oil on the surface of the chicken skin to prevent it from drying out. Once it is cool enough to handle, cut the chicken into pieces or shred it into smaller portions. Serve with the dipping sauce.

Setting procedure:

Select 'Steam+' and use 110 °C to steam 20 mins.

Steam+



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