Samgyetang (Korean Ginseng Chicken Soup)

Overview

Difficulty Medium
Servings 2-4
Preparation Time 135 mins
Cooking Time 45 mins

Ingredients

Marinade

- 1 spring chicken, rinsed and cleaned
- 0.5 cup glutinous rice, soaked for 2 hours and drained
- 3 ginseng roots
- 8 dried jujube dates
- 20 cloves of garlic, peeled
- 4 spring onions, sliced thinly for garnish
- Salt & pepper to taste
- Dash of Ginseng wine (optional)

Dip

- Sesame sauce (To be mixed together in a bowl)
- 1 tablespoon toasted sesame seeds
- Salt and pepper to taste
- Dash of sesame oil

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Methods

Step 1.

Rub a generous serving of salt and ground pepper all over the skin and cavities of the spring chicken.

Step 2.

Stuff it with rice, 1 ginseng root, 4 jujube dates, and 10 garlic cloves.

Step 3.

Place the chicken in a deep pot, put in all the other ingredients and any leftover rice in the same pot. * Chef’s tip: Do not remove the white roots of the spring onion and use up to 30 garlic cloves for stronger flavour. For a more umami taste, add in quality chicken stock of your choice. Consider adding in gingko nuts for a better texture.

Step 4.

Add water until it rises above the top of the chicken.

Step 5.

Cover pot with the lid and allow it to simmer at medium heat (Cooking Level 4 on Bosch Induction Hob) for approximately 35 – 45 minutes, depending on the size of the chicken.

Step 6.

Add more water if the soup level falls below the chicken. Alternatively, if you would like to have a thicker soup base, ensure that you baste the chicken with soup stock from time to time if the soup level is below the chicken.

Step 7.

Serve the chicken with sesame sauce and salt.

Guten Appetit

Product Used

Serie | 8 60 cm Induction Ceramic Hob