

紅棗冬菇蒸雞

Steamed Chicken with Dry Mushrooms

材料:

走地黃毛雞	1 隻
冬菇	1½ 安士
紅棗	1 安士
金針	½ 安士
雲耳	½ 安士
杞子	½ 安士
薑絲	少許
廣式臘腸	2 條

調味料

米酒
糖
玉米澱粉
白胡椒
鹽
植物油

Ingredients:

1	whole chicken, about 3 lbs. (preferably yellow-hair chicken)
1½ oz.	dried black winter (shitake) mushrooms
1 oz.	dried red jujube dates
½ oz	dried lily buds <i>Lonicera japonica</i>
½ oz	dried cloud ear fungus
½ oz	dried goji berries
1	small piece of ginger
2	Cantonese sweet wax sausages

Seasoning:

Rice wine
sugar
corn starch
white pepper
salt
vegetable oil

烹調方法

1. 將冬菇放入溫水中浸泡12小時或過夜，洗淨，保留浸泡的水備用。
2. 將冬菇、金針、雲耳、杞子分別放入溫水泡軟大約30分鐘。將冬菇去莖切片。
3. 雞肉切塊(約1寸)放進一個大碗備用。
4. 在小碗中，放入浸泡冬菇的水4茶匙、酒、糖、茨粉、胡椒粉、鹽、生抽、植物油與雞肉拌勻醃制1-2小時。
5. 廣式臘腸切薄片。
6. 加上冬菇、紅棗、金針、雲耳、杞子和臘腸，拌勻醃制半小時。
7. 將所有食材均勻放入一個防熱盤中，等待30分鐘。
8. 準備一個比盤子更大的容器蒸煮，倒入大約2寸的水，大致沒過蒸架，蓋上鍋蓋煮沸。
9. 將準備好的盤子放入蒸鍋，轉中高火10分鐘。
10. 小心從蒸鍋中取出即可。

藥用價值

本道菜中的紅棗、杞子有補益氣血的作用。
冬菇、木耳、金針有健脾開胃、降膽固醇、血脂的作用。

Cooking Method

1. Barely cover mushrooms in warm water for 12 hours or overnight. Drain and reserve the water.
2. Soak the lily buds, dried Fungus, and goji berries in warm water for about 30 min until soft and drain. Cut, discard mushroom stems and slice the caps.
3. Cut chicken into bite size pieces (about than 1 inch) and set aside. In a large bowl.
4. In a small bowl, mix together 4 Tbsp of the reserved mushroom water, wine, sugar, corn starch, pepper, and salt. soy sauce and vegetable oil. Then add to chicken, mix well and allow to marinate for 1-2. hours.
5. Thinly slice the sausage on a bias.
6. Then add sausage. mushrooms, lily buds, fungus, dates, and berries to the chicken).and mix well. Marinate for 30 more mins.
7. Transfer all the ingredients to a wide shallow heat-proof dish, arrange evenly in a single layer and marinate 30 more min.
8. Meanwhile, prepare a steamer large enough for the dish. Fill with 2 inches of water and a rack to elevate the dish above the water line. Cover and bring to a boil.
9. Place dish on the rack in the steamer, cover, and steam over medium high for 10 min until chicken is cooked through.
10. Carefully remove from steamer and serve.

Medicinal value

The red dates and wolfberry in this dish have the effect of invigorating qi and blood. Mushrooms, dried fungus and day lily have the function of improving appetite and lowering cholesterol and blood lipids.