

Quick Hainanese Chicken Rice

January 29th, 2024

This recipe serves: 4

Prep Time: 00:45

Cook Time: 00:30

Hainan is an Island in Southern China, located off the coast of Vietnam. Hainanese Chicken Rice has become a popular dish in Singapore, Malaysia, Indonesia, and other countries. Traditionally, Hainanese Chicken Rice includes pork-bone and chicken-bone broth, while several nearby countries have adapted the dish to exclude the pork-bone broth. The traditional recipe typically has a long preparation time, that includes boiling a whole chicken. This simplified Hainanese Chicken Rice recipe has a complex Ginger Garlic flavor without having to spend the entire day in the kitchen.

Ingredients:

Scallion Oil:

- 2 Scallions, finely Chopped
- 4 Garlic Cloves, whole but peeled
- 1/4 Cup (31 Grams) Ginger, peeled and finely chopped, grated, or blended
- 1/4 Cup Vegetable Oil

Rice and Chicken:

- 2 Tablespoons Scallion Oil
- 2 Cups Jasmine Rice
- 2 Cups Chicken Stock (optionally, replace with a pork-bone and chicken-bone broth mixture)
- 1/8 Cup (15 Grams) Ginger, peeled and finely chopped, grated, or blended
- 2 Cloves Garlic, peeled and minced
- 8 Boneless, Skinless Chicken Thighs
- 2 Scallions, finely Chopped

Chicken Sauce:

- 4 Scallions, thinly sliced on the bias
- 1 Tablespoon (8 Grams) Grated Ginger
- 3 Tablespoons Soy Sauce or Tamari
- 2 Tablespoons Vegetable Oil
- 1 Tablespoon Toasted Sesame Oil
- 1 Tablespoon Unseasoned Rice Vinegar
- 1/2 Teaspoon Light Brown Sugar

Side Vegetables:

- 2 Tablespoons Scallion Oil
- 1 Bunch Broccoli
- 2 Bunches Baby Bok Choy
- 1 Red Bell Pepper
- 1 Clove Garlic, minced
- 2 Tablespoons Soy Sauce
- 1 Teaspoon Chinese Black Vinegar
- 1 Lime, juiced
- 2 Teaspoons Sesame Seeds

Directions:

Scallion Oil:

- In a glass heat-resistant bowl, add the Scallions, Garlic, and Ginger.
- In a small pan, heat the Oil to 275° F.
- Pour the Oil into the glass bowl, ensuring that the herbs are fully covered in Oil.
- Cover and set aside for 15 minutes.
- Strain and discard the solids.
- Refrigerate the Oil up to 2 weeks.

Rice and Chicken:

- In a large non-stick pan (with a lid), heat 2 Tablespoons of Scallion Oil over medium-high heat.

Add the dry uncooked Rice.

Stir occasionally until the Rice begins to brown.

Add the Chicken Stock, the Minced Garlic, and Ginger.

Mix well.

Add the Chicken, nestling each piece down into the Rice.

Simmer until the Chicken Stock begins to boil.

Immediately turn the heat to low and lid tightly.

Simmer on low for 17 minutes.

Chicken Sauce:

In a small bowl, mix all ingredients until fully integrated.

Side Vegetables:

Cut and separate the Broccoli into bite-sized pieces.

Separate and clean the Bok Choy leaves.

Clean the Red Bell Pepper and remove the pith.

Cut the Red Bell Pepper into thin toothpicks.

Heat a small wok over medium-high heat.

Add Scallion Oil and heat until fragrant.

Add in the Broccoli. Stir until fully coated in Oil.

Fry for a few minutes until the Broccoli begins to soften.

Add the Bok Choy, the Red Bell Pepper toothpicks, and the Minced Garlic.

Stir in the Soy Sauce and the Black Vinegar.

Lid and fry for 2 or 3 minutes.

Stir in the Lime Juice, then lid and remove from the heat.

Serve the Chicken on a bed of Rice, drizzed with the Chicken Sauce.

Serve the Vegetables on the side.