

Poached Chicken in Oyster Sauce

Category: Asian - Chinese **Servings:** 2 **Rating:** 10

Source: Charmaine Solomon "The Complete Asian Cookbook"

Description:

Ingredients:

1 chicken breast	one large or 2 medium, bone in, skin on
celery leaves	a small handful
1 onion	one small, quartered
1 ginger	about 2 tablespoons, minced finely
1/2 honey	2 tablespoons
1/2 oyster sauce	1 tablespoon
1/2 soy sauce	1 tablespoon
Chinese five-spice powder	1/8 teaspoon
1 salt	to taste
1 green onion	2 tablespoons, sliced finely
1 sesame seeds	2 tablespoons

Instructions:

Put the chicken breasts in a pot of cold water to cover and add the onion, celery leaves, and a teaspoon of ginger. Bring the water slowly to a brisk boil and then turn off the heat. When the liquid has cooled, drain the chicken, debone it, remove the skin, and set it aside.

Mix together the honey, oyster sauce, soy sauce, five-spice powder, and salt. Chop the ginger and green onion and set aside in separate bowls. Heat the sesame seeds in a dry pan, stirring until they are slightly browned and then set them aside.

A half hour before serving, slice the chicken into bite size pieces, set on plates, and drizzle with the dressing. When ready to serve, sprinkle the chicken with green onion, ginger, and sesame seeds.