



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Simmered Chinese Chicken

Servings: 4

Prep Time: 25 minutes

Cook Time: 45 minutes

INGREDIENTS

- Foster Farms Whole Chicken
- 1 tablespoon oil

MIXTURE:

- 1/3 cup soy sauce, regular or reduced salt
- 1/3 cup brown sugar
- 1/2 cup water
- 1 tablespoon catsup
- 1/4 cup dry sherry or apple juice
- 1/2 to 3/4 teaspoon crushed red pepper (optional)
- 1 clove garlic, pressed
- green onion, sliced

OTHER:

- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 teaspoons toasted sesame seeds*

DIRECTIONS

1. Remove giblets, rinse chicken and pat dry. Heat oil in Dutch oven, brown chicken on all sides.
2. Mix together soy sauce, brown sugar, water, catsup, sherry, red pepper, garlic, and green onion. Pour mixture over chicken. Cover and simmer 35 to 45 minutes or until meat is no longer pink at thigh bone.
3. Turn chicken once during cooking. Remove chicken to platter, draining juices back into pan. Skim fat from sauce.
4. Blend together cornstarch and water and stir into sauce. Cook, stirring constantly, until thickened. Spoon some sauce over chicken, sprinkle with sesame seeds. Serve chicken with remaining sauce.

*Sesame seeds need to be toasted to develop their nutlike flavor. Toast sesame seeds in shallow pan at 350 degrees for 10 minutes, stirring frequently.