

Poached Chicken with Scallion Ginger Sauce

Ingredients

- 4 Chicken Thighs
- 1 1/2 T Ginger (grated plus 3 slices)
- 4 Green Onions
- 3 T Vegetable Oil
- 4 c Water
- 2 T Soy Sauce
- 1/2 t Sugar

Instructions

1. In a medium pot, bring 4 cups water to a boil along with 3 slices ginger and 1 green onion cut into 2 inch pieces. Lower the chicken into the pot, and bring to a boil again. Reduce the heat to low, cover, and simmer for 10 minutes. The heat level should be just high enough so the water is moving, without any big bubbles or rolling water.
2. After 10 minutes, turn off the heat, leave the lid on and let the chicken continue cooking in the warm pot for another 15 minutes. To test if the chicken is cooked, pierce the thickest part of the chicken to make sure the juices run clear.
3. Remove the chicken from the pot and place in ice water for 5 minutes to stop the cooking process and firm up the meat. Shred the meat onto a serving plate.

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4. Chop green onions, separating white and green parts. Heat oil in a saucepan over medium/low heat, and cook the green onion whites until crisp and lightly brown. Remove and place on top of the shredded chicken. Add soy sauce, sugar and $\frac{1}{2}$ cup of poaching liquid to the pan. Stir and bring it to boil.

5. Add in the ginger and the rest of the green onions. Taste for seasoning and add more soy sauce or salt if desired. Bring to a boil again and pour it over the chicken.