

CANTONESE POACHED CHICKEN w/ GINGER SCALLION OIL (Bai Qie Ji)

Prep time	Cook time	Total time
5 mins	45 mins	50 mins

Authentic Chinese Poached Chicken, Bai Qie Ji, or "White Cut Chicken", is a poached chicken special dish served with minced ginger, scallion, oil, and salt.

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Recipe type: Chicken and Poultry
Cuisine: Chinese
Serves: Serves 6



Ingredients

- 3-pound kosher or all-natural chicken, at room temperature
- 2 whole scallions, cut into large pieces
- 5 slices ginger
- 3 tablespoons finely minced scallion (white and light green parts only)
- 2 tablespoons finely minced ginger
- 3 tablespoons oil
- salt
- soy sauce (optional)

Instructions

1. Clean the chicken. Rinse it under cold water, paying special attention to the cavity.
2. Fill a large stock pot with water--just enough to submerge the chicken completely.
3. Add the 2 scallions and the ginger slices. Bring it to a boil.
4. Once boiling, slowly lower the chicken into the pot. The water will cool down, so bring it up to a boil again. Don't walk away!
5. Once it's boiling, use a large metal carving fork to lift the chicken out of the water very carefully. The goal is to empty any colder water that may be stuck inside the cavity. Put the chicken back into the water, and bring it to a boil again. When the water is JUST starting to boil, turn the heat down. You want it to stay at a simmer.
6. Cover the pot, and keep the heat on low, so that the liquid continues to simmer. Cook for about 45 minutes. Depending on the size of your chicken, it may take a little less or more time to cook it through.
7. Test if the chicken is done by taking a chopstick or a fork and poking it into the thigh. If the juices run clear, the chicken is done. Carefully take the chicken out of the pot and transfer it to a large bowl. Let cold water run over the chicken for a minute or so. Wait until it's cooled completely.
8. While it's cooling, make the sauce by combining the scallion, ginger, oil, and salt.
9. Slice up the chicken into pieces, and serve with your sauce and some white rice. You can also serve it with some soy sauce, if you like.

Recipe by The Woks of Life at <https://thewoksoflife.com/2014/02/cantonese-poached-chicken-w-ginger-scallion-oil-bai-qie-ji/>