Soups / South Korea

Samgyetang



A whole young chicken stuffed with glutinous rice and ginseng, simmered in its own broth.

Time 105 min **Servings** 4

What you'll need.

- ☐ 4 piece Poussin — 500-700 g each
- ☐ 200 g Glutinous rice — soaked two hours
- ☐ 4 piece Ginseng root
- ☐ 8 piece Jujube dates
- ☐ 16 clove Garlic
- ☐ 8 piece Chestnuts
- ☐ 4 piece Spring onions
- ☐ Salt and pepper — to taste

Let's make it.

01 Soak the glutinous rice in cold water for two hours and drain it.

02 Rinse the birds, trim the excess fat at the cavity and pat them dry.

03 Fill each cavity two-thirds with rice, adding a ginseng root, garlic, a chestnut and a jujube.

04 Cross the legs and tuck one through a slit in the other; the cavity then closes without string.

05 Pack the birds into a pot and add cold water just to cover them.

06 Bring it up, skim, and simmer for an hour and a quarter.

07 Serve each bird in its own bowl of broth, with salt and pepper on a separate saucer.

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