



SAN BEI JI (THREE CUP CHICKEN)

🕒 10 min ⌚ 35 min 🍴 4 portions

INGREDIENTS

4 garlic cloves
 3 cm piece fresh ginger, peeled
 1-2 dried long red chillies, trimmed, deseeded if preferred and cut into pieces
 10 g sesame oil
 1000 g chicken winglets (see Tips)
 40 g Shaoxing wine (Chinese cooking wine)
 30 g dark soy sauce (see Tips)
 25 g rock sugar, broken into pieces (1-2 cm - see Tips)
 60 g light soy sauce
 2 sprigs fresh basil, leaves only
 1-2 fresh long red chillies, trimmed, deseeded if preferred and cut into pieces, for garnishing (optional)

USEFUL ITEM

serving bowl

Preparation

1. Place garlic, ginger, chillies and oil into mixing bowl and chop **3 sec/speed 7**.
2. Scrape down sides of mixing bowl with spatula and cook **3 min/100°C/speed 1**.
3. Add chicken and cook **5 min/Varoma/speed 7**.
4. Stir chicken with spatula to ensure even cooking. Add wine, dark soy sauce, sugar and light soy sauce, then cook **10 min/Varoma/speed 7**.
5. Stir chicken with spatula to ensure even cooking, then cook for a further **10 min/Varoma/speed 7** or until chicken is cooked through.
6. Stir chicken with spatula, add basil and cook **1 min/Varoma/speed 7**. Transfer into a serving bowl and garnish with fresh chillies (optional) to serve.

TIPS

- You can use winglets or drumettes for this recipe.
- Rock sugar is crystallised, refined sugar that is very hard. To break it into small pieces, place it into a bag and break it with a hammer, meat mallet or rolling pin. You can find it at most Asian food stores. Alternatively, you can use white sugar.
- This dish's name derives from the three cups of sauce (a cup each of sesame oil, Shaoxing wine and soy sauce) that were used in the original recipe. Most of today's versions use the same ingredients, but in much smaller quantities!