

LESS SALT AND SUGAR SCHOOL LUNCH BOX

COOKING COMPETITION

FORM B1 - ENGLISH

GROUP NO.	A2
DISH NAME	Chinese Herbal Chicken
DESIGN CONCEPT DESCRIPTION (30-40 words)	<p>Our aims are to promote the Chinese Herbal to the students, to let the children know not all the Chinese herbs are bitter in taste. We are trying to introduce the red dates and star anise to children, that may provide sweet taste and the freshness to the dish.</p> <p>According to the less sugar less salt standard, we will use red dates to replace the sugar use and use star anise and laurel leaf to replace salt used.</p> <p>In this recipe, some Chinese herbs will be used for the flavoring and also providing some positive effect on humans. Star anise in Chinese dishes are mainly used to relieve pain.</p> <p>Tangerine peels are good against the fullness feeling and help for the food digestion. Red dates and wolfberries are naturally sweet, it can provide freshness to the dish, also red dates are antioxidants and help for food digestion.</p>



RECIPE (for 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Chicken	300g	Red dates	1.1g
Carrots	120g	Star anise	0.3g
Potatoes	120g	Laurel leaf	0.2g
Bean sprouts	150g	Wolfberry	0.5g
Chinese cabbage	240g	Green onions	2g
Dried tangerine peel	0.2g	White rice	450g
Corn Oil	15ml	Five spice powder	2g
Sesame oil	10ml	Garlic	4g
Oyster sauce	40ml	Dry onions	6g

PREPARATION & COOKING STEPS

Chinese Herbal Shredded Chicken:

Chopped garlic, green onions, carrots and potatoes, Chinese cabbage.

Soak the rest ingredients into the water for later use.

Remove excess fat inside the chicken and rinse it before use.

Put the dry ingredients and the chicken into the boiling water.

Turn off the stove when the water start boiling again, keep covering with lid for 40 mins.

Cook vegetables with a small portion of chicken broth.

Potato and carrots stir-fry with a small amount of garlic and oil.

When the chicken is cooked, drop it in ice water to cool down.

Debone and make it into shredded chicken.

Sauce:

Stir-fry onion and garlic.

Add a small amount of chicken broth.

Add cornstarch water to cook sauce.

Mixing with the Five spice power and sesame oil.

Rice:

Wash rice.

Steam the rice with the chicken broth for 20 mins.