



VITAMIN

Vital health information in a minute

BRAISED CHICKEN WITH CHESTNUTS

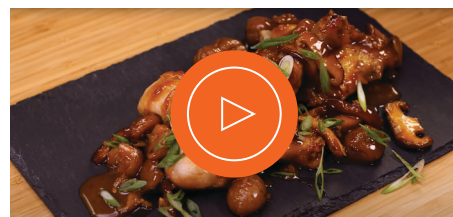
This classic Chinese-style braised chicken with chestnuts is a perfect family dish for any occasion. Chestnuts are a good source of vitamin C.

Ingredients:

- › 2 pounds chicken, thighs and legs, skin on
- › ¼ cup low-sodium soy sauce
- › 1 tablespoon canola oil
- › 1 cup chestnuts, roasted and removed from shells
- › 1 cup chicken broth
- › 3 scallions, cut on a bias
- › 2 tablespoons ginger, peeled and minced
- › 8 shiitake mushrooms, no stems, cut into quarters
- › ¼ cup sherry wine or cooking sherry
- › 2 tablespoons honey
- › 1 star anise

Directions:

In a preheated braising pan over medium heat, sear chicken until golden brown. Add ginger, sherry wine, broth, soy sauce, honey, mushrooms, chestnuts and anise. Bring to a boil and then lower to a simmer. Cover and simmer for 25–30 minutes. Remove from heat. Remove star anise and garnish with scallions prior to serving.



**Click here to watch
a video of this
recipe being made.**

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