



## WEALTHY CHICKEN

Courtesy recipe by Chef Saito Chau from Chinesology

### METHOD

- 01 Marinate the “three-yellow” chicken with seasoning for 15-20 minutes.
- 02 Prepared the salt crust. Mix and knead the eggs with sea salt and water until smooth. Set aside for later use.
- 03 Mix the Japanese mushrooms, dried abalones, and preserved mustard greens with 1/5 bottle of Chinesology’s dried abalone sauce and stuff the mixture into the cavity of the chicken.
- 04 Fold the lotus leaf over the chicken and enclose the chicken completely. Wrap the chicken inside parchment paper.
- 05 Completely cover the chicken with the salt crust mixture and pack it tightly around the chicken.
- 06 Place the chicken on the oven tray, then put it into the pre-heated Miele Oven to 200°C and bake for 40 minutes using "Fan plus" operating mode.
- 07 Increase the temperature to 225°C and bake for another 30 minutes. Remove from the oven.
- 08 Use a mallet to crack open the salt crust, lift off the lotus leaves, and tear the chicken into pieces. Serve with cooked abalones, Japanese mushrooms, preserved mustard greens and re-heated Chinesology’s abalone sauce then it is ready to serve.

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### INGREDIENTS

“Three-Yellow” Chicken	1 pc (whole chicken)
Japanese Mushroom	8 pcs (pre-cooked and cooled)
Dried Abalone	8 pcs (pre-cooked and cooled)
Preserved Mustard Green	45 g (washed, diced, stir-fried and cooled)
Large Dried Lotus Leaf	1-2 pcs (blanched and cooled)
Large Parchment Paper	1-2 sheets
Chinesology’s Dried Abalone Sauce	1/5 bottle

#### Salt Crust

Fine Salt	400 g
Egg	8-10 pcs
Water	Moderate
Flour	2-4 tbsps

#### Seasoning

Coarse Sea Salt	2 tsp
Dark Soy Sauce	4 tbsp
Huadiao Wine	2 tbsp



#### Tips

- Before wrapping the chicken, check for small holes or breakages over the lotus leaves. For leaves with small holes or breakages, simply line another lotus leaf and overlapping each other to form a solid base for the chicken to sit on.
- When wrapping the chicken, lay the lotus leaf on a cutting board or a plate, and wrap it like a parcel.
- Add 2-4 tablespoons of flour if the salt crust mixture is not solid enough when moving onto the baking tray.
- The portion of the salt crust mixture depends on the size of the chicken. This quantity is suitable for a medium size chicken.



2 h



4 persons

# 富貴雞

食譜由唐述營運及廚藝總監周世韜設計

## 做法

- 01 用調味醃製三黃雞15-20分鐘。
- 02 製作鹽殼。把雞蛋、幼鹽和水混合，揉至順滑後備用。
- 03 將唐述吉品乾鮑魚汁與日本天白花菇、私房乾鮑魚、梅菜拌勻，然後放入雞腔內。
- 04 用乾荷葉包裹三黃雞，再裹上焗雞砂紙備用。
- 05 把三黃雞用鹽殼包裹均勻。
- 06 將三黃雞放入已選用「風扇加強」功能預熱至攝氏200度的Miele焗爐，並烘烤40分鐘。
- 07 調整焗爐溫度至攝氏225度，烘烤30分鐘後取出三黃雞。
- 08 用木槌打破鹽殼，揭開荷葉，把富貴雞拆肉並取出雞腔內的私房乾鮑魚、日本天白花菇、梅菜。最後伴上預熱的唐述吉品乾鮑魚汁即可享用。

## 材料

三黃雞 .....	1隻 (已洗淨)
日本天白花菇 .....	8粒 (已焗煮)
私房乾鮑魚 .....	8隻 (已焗煮)
梅菜 .....	3兩 (已洗淨、切粒、炒香)
乾荷葉 .....	3兩 (已飛水)
焗雞砂紙 .....	1-2大張
唐述自家吉品乾鮑魚汁 ..	1/5支

### 鹽殼

幼鹽 .....	400克
雞蛋 .....	8-10隻
水 .....	適量
麵粉 .....	2-4湯匙

### 調味

粗海鹽 .....	2茶匙
老抽 .....	4湯匙
花雕酒 .....	2湯匙



### 貼士

- 用荷葉包裹三黃雞前，先檢查荷葉上有沒有小洞或破損；若有小洞或破損，先將兩片葉子互相交疊，再包裹三黃雞。
- 將荷葉包裹三黃雞時，可將荷葉放在砧板或碟子上，像包裹的模樣包裹三黃雞。
- 如鹽殼移到烤盤上時不夠結實，可加入2-4湯匙的麵粉調整濕度。
- 鹽殼的份量和比例視乎雞的大小而定。此份量適合中型雞。



2 小時



4 人份

### 網上教學短片



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