

How to boil delicious and beautiful chicken, no crack

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How to choose cozy chicken

Choosing chicken is an important step, you should choose chicken to make meat and delicious.

Chickens : Choose healthy chickens, bright eyes, red crests, erect, without wheezing. Chicken feathers are bright, shiny, close to the body. Straight chicken legs, slim, light yellow skin, shiny.



Ready-to-eat chicken : choose a child with natural pale yellow skin, thin all over the body, firm flesh, small fishing buoy, little fat on the neck and thighs.

Refer to how to make some dishes on Tet:

1. How to pickle and pickle salt, indispensable sweet and sour palanquin on Vietnamese New Year
2. Hand-made stir-fried spring rolls for the whole family on Tet
3. How to make 4 meat dishes with delicious sweet and sour garlic sauce on Tet holiday

How to boil chicken

Preparation : ginger, salt, onion flower, pepper, chili, mustard, a pot of cool boiled water.

Chicken salt is rubbed both on the skin and inside, washed. If you want to light the chicken flavor, then before you put the chicken in the pot, you should shape the chicken to be beautiful, use the neck to tie between the chicken wings, the neck reaches high, the wings spread out, fold the legs in the abdomen to compact .

Put the chicken in a deep pot so that the belly is directed downwards along with ginger, onion crushed and a little salt, pour the chicken broth then put on the kitchen. Put the chicken in the pot right from the cold water to help the chicken ripen from outside to inside, the skin is not cracked. If it is a winter chicken to prevent ice, you must completely defrost it until it is boiled.



When the water boils, put the heart into the pot and turn down the heat for about 5 minutes and turn down the heat to the full size. After 5 minutes turn off the stove and cover the lid for about 20 minutes.

The time of boiling chicken depends on the weight and the young or old chickens but on average takes about 40 minutes.

To check if the chicken is ripe, use a chopstick to prick the chicken, if the chopsticks are easy and do not contain pink water, the chicken is cooked.

After removing the chicken, drop it right into a pot of cool boiled water, as cold as possible so that the chicken skin does not become dry and dull. Wait for the chicken to cool down before taking it out.

When the chicken is drained, use a turmeric peeled and crushed to squeeze the water mixed with the chicken fat (fried chicken fat) and rub a layer on the chicken skin. Boiled chicken will have shiny yellow skin, smooth, very beautiful look.



How to present the chicken offerings

Chickens for the whole child: Put the chicken on a big plate, remove the string neatly, the period, the heart is placed under the abdomen, the chicken beak is holding a red rose.

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