

Red Cooked (Soy Cooked) Chicken Breast

6 to 8 skinless, boneless chicken breasts

Two cloves garlic, crushed

2 teaspoons ginger, crushed

2 tablespoons heaped brown sugar

1 cup (240 ml) soy sauce

1 star anise (fair warning, this has a licorice like taste. Although traditional in the recipe, if you don't like that flavor, you can omit it)

2 tablespoons lemon juice

2 cups (480 ml) water

Directions:

Place the garlic, ginger, brown sugar, soy sauce, star anise, lemon juice and water in a wide pot with a lid. Bring to a boil and lower to a simmer. Carefully lower the chicken in the simmering liquid for 15 to 20 minutes, depending on how thin the breasts are, covering the pot. If using a large chicken breast it may need 20-25 minutes. Remove from fire and remove cover and let chicken sit in the liquid an additional five minutes. Remove chicken from liquid, and if serving hot, slice on the diagonal and serve over rice. If serving chilled or room temperature, place in container with the cooking liquid and store in fridge, up to 2 days. Cut the chicken into slices and serve over a chopped lettuce salad. You can store the cooking liquid in your freezer for future preparation of this type of chicken, adding a bit more soy sauce to top it off and spices if desired.