

TEA-SMOKED BC CHICKEN



Yields:
8 Servings

Preparation:
30min + drying

Smoking:
8 - 10 minutes

Cooking:
35 - 40 minutes

INGREDIENTS

For Poached Chicken:

2 whole	Loong Kong Chicken	
1	Fresh Ginger, thumb-sized piece, sliced	
4 cloves	Garlic, crushed	
1	Onion, peeled and quartered	
1 bunch	Green Onions	
2 stalks	Lemongrass, bruised	
2 Tbsp	Chinese Five-Spice Powder	30 ml
2 Tbsp	Ground Coriander	30 ml
½ cup	Siracha Sauce	125 ml
2	Cinnamon Sticks	
2 cups	Dark Soy Sauce	500 ml
¼ cup	Sesame Oil	60 ml
	Water, as needed	

For Smoking Mixture:

½ cup	White Rice, uncooked	125 ml
½ cup	Loose-Leaf Tea, jasmine, black or oolong	125 ml
½ cup	Brown Sugar	125 ml



DIRECTIONS

Step 1: Poach the Chicken

1. Place the whole chickens into a large stockpot. Add the ginger, garlic, onion, green onions, siracha sauce, lemongrass, coriander, five-spice powder, cinnamon sticks, dark soy sauce, and sesame oil.
2. Pour in enough water to completely submerge the chickens.
3. Bring the liquid to a boil over high heat. Skim away any foam or impurities that rise to the surface.

4. Reduce the heat to a gentle simmer. Cover the pot tightly and cook for 25–30 minutes, or until the internal temperature of the thickest part of the thigh reaches 165°F (74°C).
5. Carefully remove the chickens from the poaching liquid and place them on a wire rack to drain.
6. Allow them to air-dry for at least 30 minutes.

Important: *The chicken skin should be completely dry before smoking. Dry skin allows the smoke to adhere properly and helps create a beautiful golden finish.*

Step 2: Prepare the Smoking Station

1. Line the bottom of a large, heavy wok or deep cast-iron pot with two layers of heavy-duty aluminum foil. Allow some foil to extend over the edges for easier cleanup.
2. Combine the uncooked rice, loose-leaf tea, and brown sugar. Spread the mixture evenly across the bottom of the foil-lined wok.
3. Place a wire steaming rack over the smoking mixture. Make sure the rack is high enough that the chicken does not touch the rice, tea, or sugar mixture.

Step 3: Smoke the Chicken

Safety: *Turn on the kitchen exhaust fan at step 3 and ensure the area is well ventilated.*

1. Lightly brush the wire steaming rack with a small amount of sesame oil to prevent sticking. Place the dried, cooked chickens onto the rack.
2. Cover the wok with a tight-fitting lid. Seal around the lid with aluminum foil or a damp kitchen towel to help trap the smoke.
3. Turn the burner to medium-high heat. After approximately 3–5 minutes, the rice, tea, and sugar mixture should begin producing thick white smoke.
4. Once the smoking mixture begins to smoke heavily, reduce the heat to medium.
5. Smoke the chicken for 8–10 minutes.
6. Turn off the heat and leave the lid in place for an additional 5 minutes. This allows the smoke to settle and infuse the chicken.

Step 4: Finish and Serve

1. Carefully remove the lid, opening it away from your face. Hot smoke will escape when the wok is opened.
2. Brush the chicken skin lightly with sesame oil for a glossy finish and additional flavour.
3. Allow the chicken to cool slightly, then carve into serving portions.
4. Serve warm or at room temperature.

Chef's Notes:

- The drier the skin, the better the smoke will adhere. For an even better result, the chickens can be air-dried uncovered in the refrigerator for several hours or overnight.
- Jasmine, black, and oolong teas each provide a slightly different flavor profile.
- Do not allow the chicken to come into direct contact with the smoking mixture.
- The smoking mixture can become extremely hot, so use caution when handling the wok and removing the lid.
- The poaching liquid is highly aromatic and can be strained and reserved as a flavorful base for another preparation.