

## Star Anise:

Originally from the south of China and Vietnam. We do not use star Anise for Japanese cuisine, but often for Chinese cooking. It is good for duck, chicken and pork dishes. When you serve the dish, remove the pods or leave them for decoration but not for eating. "Chinese Five Spice" contains star anise.



Shop: Almost all grocery stores.  
Store: Room temperature for one year.  
Use: Stew, sauces, roast pork and duck

### Chinese Chicken Stew (for 5 persons)



|                        |            |                               |         |
|------------------------|------------|-------------------------------|---------|
| Chicken Thighs         | 10 pieces  | Soy Sauce                     | 1/4 cup |
| Bamboo Shoots          | 1 can      | Chinese Rice Wine             | 2/3 cup |
| Baby Bok Choy          | 1 bundle   | Shiitake Soaking Water        | 1/2 cup |
| Dried Shiitake (thick) | 5~6 pieces | Water                         | 3 cups  |
| Ginger                 | 2 in (5cm) | Salt                          | pinch   |
| Star Anise             | 2 flowers  | Pepper                        | pinch   |
| Flour                  | 1/3 cup    | Chinese Granulated Soup Stock | 1 tsp   |
| Sesame Oil             | 3 Tbsp     | Dry Chilies                   | 1~2     |

Soak dry shiitake in 1 cup of water for 3 hours.

\*when soft, cut stems off.

Wash the bamboo shoots and cut into 1/4 lengthwise.

Peel skin of ginger and slice lengthwise. Cut baby bok choy lengthwise.

Clean the chicken. Salt, pepper and dust with flour.

Heat thick frying pan with sesame oil and sear both sides of chicken.

\*Add oil as necessary.

In the stew pot add water, ginger, star anise, dry chilies, Chinese rice wine, shiitake soaking water, soy sauce, Chinese granulated soup stock and bring to a boil. Add chicken, bamboo shoots, shiitake.

Cover with parchment sheet and cook for about 30~40 minutes until chicken is soft.