

Tea-Smoked Chicken

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tea-chicken-recipe>

Ingredients:

- 1 chicken about 4 pounds, 900 g, Wings detached backbone removed
- 1 tablespoon Szechwan peppercorns
- 2 tablespoons kosher salt
- 6 ginger slices, smashed
- 3 green onions cut into short lengths
- 5 tangerine index-finger lengths dried strips of, peel, broken into small pieces
- 3 cinnamon sticks broken into small pieces
- 1/3 cup dark brown sugar or light
- 1/3 cup rice
- 1/3 cup loose leaf tea one kind or a mixture

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 85 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 2170 milligrams
9. Sugar: 19 grams

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