

# Clay-Pot Miso Chicken

Yield: 8 min  
Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-burdock>

## Ingredients:

- 16 chicken thighs with skin and bone, 5 pounds
- 1/2 cup wood ear mushrooms dried
- 10 cups water divided
- 4 cups chicken stock or reduced-sodium chicken broth, 32 fluid ounces
- salsify optional
- 1 stalk burdock optional
- 1 teaspoon distilled white vinegar or fresh lemon juice
- 3 tablespoons canola oil
- 2 onion large, coarsely chopped
- 1 pound fresh shiitake mushrooms stems discarded, large caps quartered
- 3 tablespoons ginger finely chopped peeled
- 3 tablespoons chopped garlic finely
- 1 cup mirin Japanese sweet rice wine
- 1 cup white miso also called shiro miso
- 1/2 cup soy sauce
- 1 stem rib
- 1 pound mustard greens
- scallions Garnish: chopped, optional

## Nutrition:

1. Calories: 1250 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 395 milligrams
4. Fat: 78 grams
5. Fiber: 6 grams
6. Protein: 91 grams
7. SaturatedFat: 19 grams
8. Sodium: 2740 milligrams
9. Sugar: 7 grams

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