TAIWANESE · LUNCH · DINNER

Ma You Ji (Taiwanese Sesame Oil Chicken Soup)

麻油雞

45 min · Serves 3 · 807 kcal a serve · Video 5:51 in Chinese · 莊師傅的廚房

Gluten-free ingredients · Dairy-free · Nut-free

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Chicken simmered with ginger and rice wine: about 52 g protein and 11 g net carbs a bowl, with about 3 g added sugar and no added salt; rich in selenium and zinc. It is rich in fat too (about 53 g a bowl, half of it from the sesame oil).

Ingredients 7 · SERVES 3

- [ ] 1.1 kg **free-range chicken** (tu ji), bone-in, chopped into large pieces
- [ ] 100 g **old ginger**, sliced
- [ ] 3 tbsp **sesame oil**, for frying the ginger
- [ ] 3 tbsp **black sesame oil** (hu ma you)
- [ ] 300 ml **Taiwanese rice wine** (mijiu)
- [ ] 1 litre **water**
- [ ] 10 g **rock sugar**

Contains: Sesame. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Have the chicken chopped into large pieces so it stays juicy. Rinse it and pat it completely dry with paper towels so it won't spatter, and slice the ginger. 0:45
2. Heat 3 tbsp sesame oil, add the 100 g ginger slices and fry over medium heat until golden and fragrant. Lift the ginger out and keep it. 1:32
3. Put the chicken into the same oil over medium-high heat and pan-fry rather than stir: leave it until one side is golden, turn, and fry until browned all over. 2:34
4. Turn the heat to low, return the ginger, pour in 300 ml rice wine and 3 tbsp black sesame oil and let it bubble briefly so the alcohol cooks off and leaves a sweet aroma. 3:23
5. Transfer to a soup pot, add 1 litre water, bring to the boil, then simmer on low for 15 minutes. 4:24
6. After 10 minutes add 10 g rock sugar and simmer 5 minutes more. Serve hot. 4:54

> **Tip** Serves 2–3. A Taiwanese winter and post-partum classic, often served over mee sua noodles; on its own it stays low in carbs. Pour off some of the oil before serving if you want it lighter.

The method is a summary in our words, in English — the video (in Chinese) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
807 kcal	**52** g	**12** g	**0.7** g	**53** g	**160** mg
3,380 kJ	103% of a day	11 g net · 4.5 g sugars	2% of a day	11 g saturated	7% of a day
		4% of a day		68% of a day	

Energy from net carbs 6% · protein 29% · fat 65% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 82% · Vitamin B6 51% · Zinc 34% · Vitamin B12 23%

Source of (10–19%) Iron 17% · Omega-3 17% · Magnesium 16% · Potassium 15% · Vitamin A 10%

Recipe and video: 莊師傅的廚房 (@Master-Zhuang) on YouTube — youtube.com/watch?v=YPLsIJRxvSE, published 28 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ma-you-ji-taiwanese-sesame-oil-chicken-soup