



# Chicken Bak Kwa



**Cooking Time: 40-60 minutes**

**Yield: 20 pieces (1 piece ~ 50g)**

Ingredients	Amount
Chicken thigh, minced	1kg
Sugar	70g
Oyster sauce	1 tablespoon
Dark soy sauce (HCS), savoury	½ tablespoon
Light soy sauce (HCS)	2 tablespoons
Sesame oil	1 teaspoon
Five-spice powder	1 teaspoon
Ground white pepper	½ teaspoon
Coriander powder	1 teaspoon
Honey	2 tablespoons
Water	2 tablespoons
White sesame seed	1 tablespoon



## Healthy Tips!

- ✓ Using natural spices such as pepper and coriander powder, as well as using condiments/sauce with Healthier Choice Symbol (HCS) can help to reduce 70% of sodium content as compared to commercial chicken bak kwa.
- ✓ One piece of this healthier version chicken bak kwa contains 9g of protein, which is equivalent to 3 egg whites.

## Steps:

1. Pre-heat oven at 150°C.
2. Mix the honey with water and set aside.
3. Mix all the ingredients (**except** honey water and white sesame seed) thoroughly in a big bowl. Blend them in one direction with spatula, and until the mixture turns gooey.
4. Marinate for at least 4 hours (or refrigerate overnight).
5. Place a large piece of parchment paper on a flat surface and add  $\frac{1}{4}$  (fist size) of the marinated meat mixture onto it.
6. Place another piece of parchment paper on top of the mixture and roll it flat with a rolling pin until it is 2-3mm thick. Remove the top parchment paper and shape the mixture into an even rectangle.
7. Transfer the mixture (together with the parchment paper on the bottom) onto a large baking tray and bake the mixture in oven at 150°C for 15 minutes.
8. Remove from oven. Brush a layer of honey on the meat and sprinkle some white sesame seeds. Bake in oven at 200°C for another 5 minutes.
9. Repeat step 8 for the other side.
10. Use a scissors or pizza cutter to cut the bak kwa into pieces. Then, it's ready to serve.



## Cooking Tips!

- ✓ Blend meat mixture till gooey, but do not over blend as it will affect the texture.
- ✓ Constantly check the oven to adjust timing and temperature to prevent over baking, especially after brushing with honey.

## Nutrition content per piece: (Energy: 141 kcal)

Carbohydrate: 6g	Protein: 9g	Total fat: 9g
Sodium: 119mg	Potassium: 159mg	Phosphate: 83mg



# 鸡肉干



烹煮时间: 40-60分钟



份量: 20片 (1片~50克)

材料	份量
鸡腿肉, 搅碎	1 公斤
白糖	70 克
蚝油	1 汤匙
低钠黑酱油(咸酱)	½ 汤匙
低钠酱青	2 汤匙
麻油	1 茶匙
五香粉	1 茶匙
白胡椒粉	½ 茶匙
香菜粉	1 茶匙
蜂蜜	2 汤匙
水	2 汤匙
白芝麻	1 汤匙



## 健康小贴士!

- ✓ 相较于市售的鸡肉干, 使用天然香料 (如: 黑胡椒、香菜粉) 和带有较健康选择标签的酱料来制作的鸡肉干, 可减少大约70%的钠含量。
- ✓ 一片自制鸡肉干含有9克的蛋白质, 这相当于3个蛋白!



## 烹调步骤:

1. 以150摄氏度预热烤箱。
2. 将蜂蜜和水加入小碗中搅拌均匀，搁置备用。
3. 在一个碗中，放入所有的材料(除了蜂蜜水和白芝麻)。以顺时针方向搅拌均匀，直到产生粘性。
4. 放入冰箱腌制至少4个小时（或放入冰箱隔夜腌制）。
5. 腌制好后，把一张烘焙纸铺在桌上，将四分之一（约拳头大小）的肉末放在上面。
6. 接着铺上另一张烘焙纸，用一个擀面杖把肉末擀至2-3毫米的厚度。然后，取走上层的烘焙纸，并将擀好的肉片修整成长方形。
7. 把擀平的肉片（以及垫在下层的烘焙纸）转移至烤盘。然后，放入烤箱以150摄氏度烘烤15分钟。
8. 从烤箱取出，涂上一层蜂蜜水和撒上白芝麻，再放入烤箱中以200摄氏度烘烤5分钟。
9. 取出翻面，并重复步骤（8）。
10. 用剪刀或比萨刀切成小块即可享用。



## 烹饪小贴士!

- ✓ 把肉末搅拌至呈粘性即可，不要过度搅拌，以避免影响口感。
- ✓ 您可观察烤箱里肉干的颜色变化，并适当调整烘烤时间和温度，以避免烤焦。尤其是在涂上蜂蜜后，肉干更容易烤焦。

营养成分（一片）：(热量:141 kcal)

碳水化合物: 6克

蛋白质: 9克

脂肪: 9克

钠: 119毫克

钾: 159毫克

磷: 83毫克

此食谱由新加坡理工学院的学生Ho Wei Dian与全国肾脏基金会的营养师提供。