

Chicken Char Siu

Ingredients

- 450 g boneless, skinless chicken thighs
- 50 g hoisin sauce
- 45 g soy sauce
- 70 g honey
- 15 g rice wine vinegar
- 5 g sesame oil
- 2 g five-spice powder
- 45 g water
- Minced garlic, to taste
- A little neutral cooking oil, if needed
- Sesame seeds to garnish

Step-by-Step Instructions

1. Prepare the Marinade

In a medium mixing bowl, whisk together the hoisin sauce, soy sauce, honey, rice wine vinegar, water, sesame oil, five-spice powder and minced garlic until thoroughly combined.

2. Marinate the Chicken

Trim any excess fat from the chicken thighs. Place the chicken in a bowl or zip-lock bag and pour over the marinade, ensuring all pieces are well coated.

Reserve 2–3 tablespoons of the marinade in a separate container before adding the remainder to the raw chicken. Cover and refrigerate for at least 4 hours, preferably overnight.

Keep the reserved marinade separate from the raw chicken and refrigerate until needed.

3. Cook the Chicken in a Frypan

1. Remove the chicken from the marinade, allowing excess marinade to drip off. Discard the marinade that has been in contact with the raw chicken.
2. Heat a large non-stick or heavy-based frypan over medium heat. Add a small amount of neutral cooking oil if needed.

3. Place the chicken thighs in the pan in a single layer. Cook for approximately 5–7 minutes on the first side until golden brown.
4. Turn the chicken and cook for another 4–6 minutes. Reduce the heat to medium-low if the outside is browning too quickly.
5. Add 2–3 tablespoons of water to the pan if it becomes too dry. Cover with a lid and cook gently for another 3–5 minutes, or until cooked through. Cooking time will depend on the thickness of the chicken.
6. Brush the chicken with the reserved marinade glaze. If the reserved glaze has come into contact with raw chicken or its juices, boil it thoroughly before using. Alternatively, prepare a fresh portion of glaze.
7. Turn the chicken frequently over medium-low heat for 1–3 minutes, spooning the thickening glaze over the pieces until glossy, sticky and caramelised. Watch carefully, as the honey can burn quickly.
8. Check that the thickest part of each chicken thigh reaches an internal temperature of 75°C.

4. Rest and Serve

Remove the chicken from the pan and rest on a cutting board for 5 minutes. Slice across the grain into strips and spoon any remaining cooked glaze over the top.