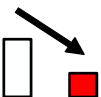








Chinese-style chicken pancakes




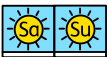

Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.






 A lower calorie recipe of a Chinese favourite.






 The recipe uses chicken instead of duck.




 Enjoy at the weekend as a treat.



Meal information




Preparation time

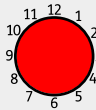


Cooking time



Serves

Up to  30 minutes

Up to **1**  hour

10-12 
10-12 portions



Ingredient List



6 chicken thighs, bone in and skin removed



2 tsp Chinese five-spice powder



1-calorie sunflower oil spray



10-12 Chinese pancakes



sea salt and freshly ground white pepper



400g ripe plums, stoned and quartered



2 star anise



¼ tsp Sichuan peppercorns, lightly crushed



1 garlic clove, grated



2cm piece fresh root ginger, peeled and grated



2½ tbsp red wine vinegar



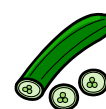
1 tsp granulated sweetener



1 tsp soft brown sugar



1 tbsp soy sauce



Half a cucumber cut into match stick size pieces



3 spring onions cut into match stick size pieces



Equipment List



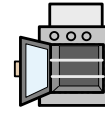
saucepan



wooden spoon



hob



oven



baking tray



foil



food processor



bowl



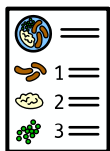
steamer



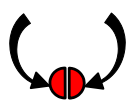
2 forks



plates



Method



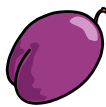
To make



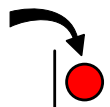
the sauce,



put



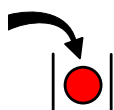
the plums



in



a saucepan.



Add



the star anise,



peppercorns,

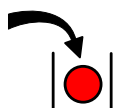


garlic

and



ginger.



Add

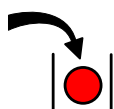


1 teaspoon

of



five-spice powder.



Add



the vinegar,



sweetener,



sugar

and

50



ml



of water.



Simmer

for



10 minutes.



The plums



should be



soft

and



the liquid



reduced.



Remove

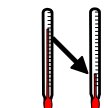


the star anise

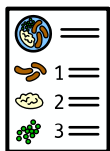
and



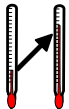
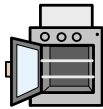
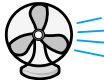

leave



to cool.










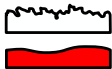
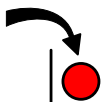

Method



 Preheat the oven to 200°C / 180°C
 
 /
 
 Gas 6.




 Line a baking tray with foil.






 Put the plum sauce into a food processor.






 Blend the sauce smooth and put it into a bowl.





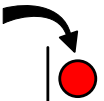




 Add the soy sauce and season.

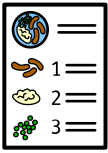






 Rub 5 spice powder all over the chicken, spray with oil and season.







 Put the chicken into the baking tray and cook for 45 minutes,



Method



Steam the pancakes for a few minutes.



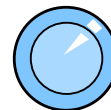
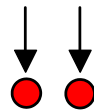
2



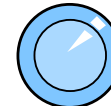
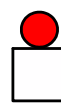
Shred the chicken using 2 forks.



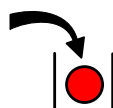
Throw away the bones.



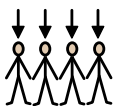
Serve the chicken and pancakes on separate plates.



Put the spring onion and cucumber on a plate.



Serve the plum sauce in a bowl.



Everyone can assemble their own pancakes.