

HAWAI'I'S PLANTATION STYLE CHICKEN HEKKA



Serves 6 to 8 people

Ingredients:

- 2 Tbsp. Oil
- 2" (1/2 oz.) Ginger, peeled and smashed
- 1 ½ lbs. *Chicken thighs, boneless, skinless, sliced ½" thick
- 12 oz. Onions, strips, sliced ¼" thick
- 3 cups Water
- ½ cup Shoyu
- ½ cup Sugar
- 8 oz. Bamboo Shoots, sliced
- 12 each **Dried Shiitake Mushrooms (no Stems), soaked until soft, sliced ¼" thick
- 1 package ***"Nice Brand" Bean Thread Noodles, soaked in luke warm water for 20 minutes, then cut into 4" lengths
- 12 oz. Carrots, strips, sliced ¼" thick
- 1 bunch (12 oz.) Watercress, if needed, remove fibrous stems, cut into 2" lengths
- 2 oz. (2 stalks) Green Onions (Scallions)

Directions:

Heat the oil a 6 quart Dutch Oven (cast iron, stainless steel or enamel works best)

1. Sauté the ginger until fragrant
2. Add the chicken and sauté without browning the chicken
3. When chicken is almost cooked through, add the onions and cook for a few minutes until onions and limp, but not soft
4. Add the water, shoyu, sugar, bamboo shoots, shiitake mushrooms and bean thread noodles
5. Bring to a simmer and cover. Stir occasionally. From this point, to the end of the cooking process, if needed, water can be added. The level of the liquid should be just at the level of the noodles. Cook for 20 minutes
6. Add the carrots. Stir and cover
7. Cook for an additional 10 minutes. Check to see if the noodles are done.
8. When noodles are done and tender, add the watercress and green onions, stir
9. Cook for a minute or two. The watercress should be wilted.
10. Serve hot and enjoy

Notes:

*Thighs can be substituted for any other part of the chicken, including whole chickens cut into chunks (the original chicken Hekka).

**To help soften the Dried Shiitake Mushroom, place the shiitake mushrooms in 2 cups of warm water and 2 tsp of sugar

***If "Nice Brand" Bean Thread Noodles are not available, other bean thread or yam noodles can be substituted. Cooking times and water may vary depending on the noodle