

Soy Sauce Chicken

<http://userealbutter.com/2007/11/13/chinese-soy-sauce-chicken-recipe/>

4-6 chicken drums (organic is preferable)
4-5 stalks green onions, trimmed and cut into 1-inch pieces
8 slices ginger root, peeled
2-3 whole star anise
2/3 cup soy sauce
2 tbsps sugar
enough water to cover the chicken

Place all ingredients in a pan with a tight lid (or use a crockpot). Bring to boil and then reduce to a simmer so that when you cover the pot, the liquid will not boil over. Simmer for 2 hours. I like to remove the bone and skin from the chicken and serve the meat with the broth over Chinese noodles with bok choy, napa cabbage, or spinach for a Chinese noodle soup.