

Happy Chicken Trail

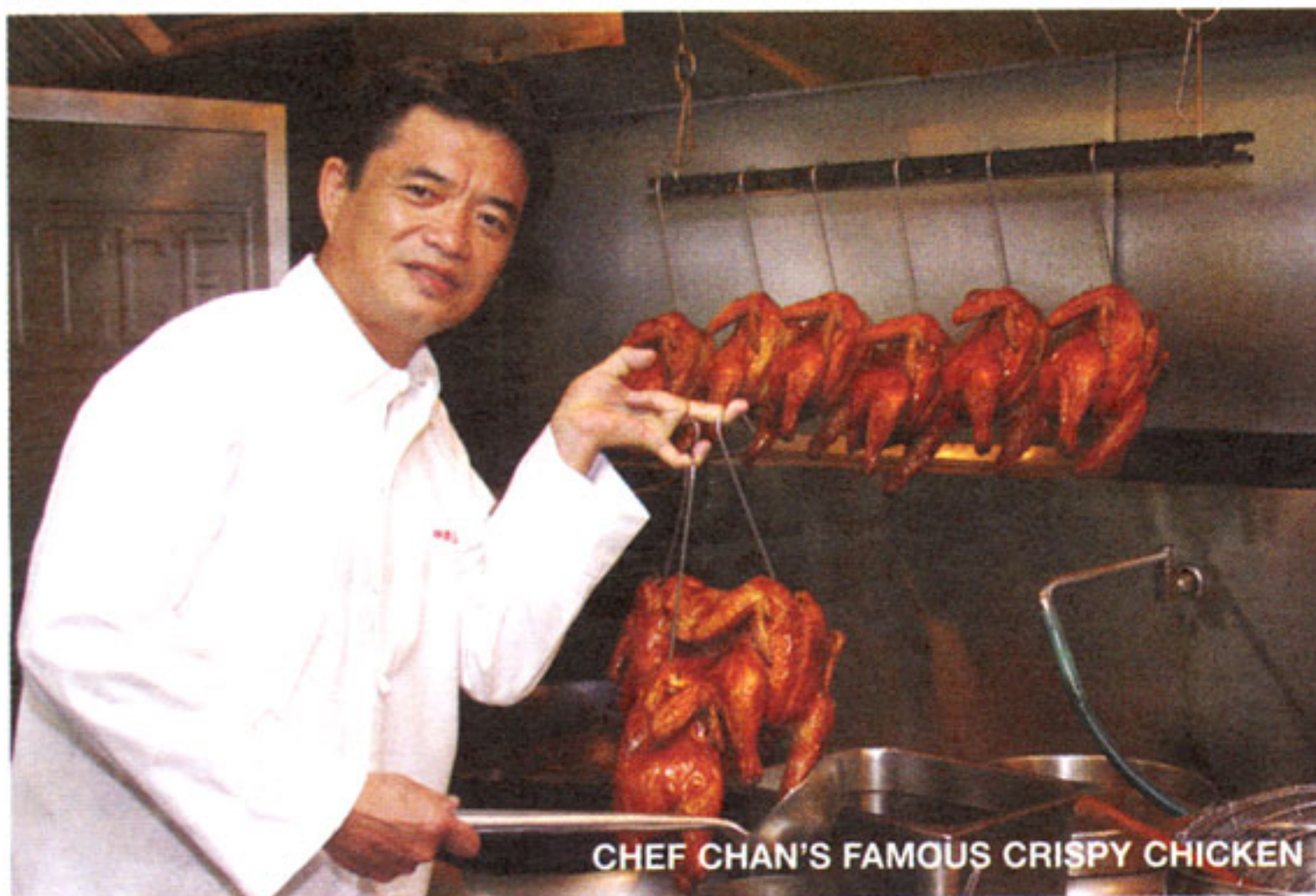
I-S Magazine Friday Feb 4, 2005

When that poultry craving strikes, only the best fowl dishes will do. *I-S* rounds up the best chicken dishes in town. **By Melissa De Silva and Terry Ong, additional research by Angelina Hue**

It might be the Year of the Rooster, but in this urban kampung, every day is an occasion for eating chicken, as shown by the jaw dropping tonnage of poultry we consume (see next page). Still, we're a discerning bunch—not just any bird dish will do. So, to take the guesswork out of hunting for prime chicken the next time those fowl pangs strike, we've drawn up a definitive trail of the best chickens in the city.

Posh Poultry

If you really want to go all out, only **Chef Chan's Restaurant** (01-02 & 01-05/08 Odeon Towers, 331 North Bridge Rd., 6250-3363) offering of Chef Chan's Famous Crispy Chicken (\$14 for half bird, \$28 for whole bird) will do. Chef Chan has been fine tuning this recipe since his days in Holiday Inn Park View Hotel in 1986, and unveiled the final product when his lavishly decorated restaurant opened in April last year. The results speak for themselves, with 50 to 60 chickens flying out of the kitchen on weekdays and up to 90 on weekends.



The shiny, crackly skin, as tear-able as crisp wax paper, has almost no discernable layer of fat. This is thanks to air drying the partially cooked chicken for four to five hours before the final stage of cooking—continuously hand-pouring hot oil on the bird for five minutes, until perfectly done. The dry skin before cooking, explains Chef Chan, is the key to getting that ultra crispy effect, as drying separates the chicken skin from the meat, preventing any water contact from the meat that will mar crispiness. However, bite into the delicious flesh, seasoned simply with salt, spices and five spice power, and you'll experience a flood of sinfully delicious oil and juice. Open daily 11:45am-2:30pm, 6:15-9:45pm.