



Kung Pao Chicken

Marinade

1 Tb. + 1 tsp. Cooking Sherry
1 Tb. cornstarch
½ tsp salt
pinch of pepper
1-2 cups of raw chicken

Combine sherry, cornstarch, salt & pepper in a small bowl. Cut raw chicken into thin strips (about 1/4" x 3"). Place the cut-up chicken in the bowl and marinate until ready to stir fry.

Sauce

3 T. soy sauce
1 T. white wine vinegar
¼ cup of chicken broth
2 T sugar
2 T cornstarch

In a liquid measuring cup, whisk together the soy sauce, vinegar, chicken broth, sugar and cornstarch until cornstarch is dissolved. Set aside.

Stir Fry

2 Tb. oil
1 tsp. minced garlic
1 tsp. minced ginger
¼ cup salted peanuts
¼ tsp sesame chili oil

Vegetables*: All vegetable should be cut into bite-sized pieces (approx. 1")

- 1 carrot - sliced into thin rounds
- 1/3 cup water chestnuts - sliced
- ½ onion - cut into bite-sized wedges
- ½-1 cup of broccoli - cut into bite sized pieces

Add 2 Tb. of oil to a cold wok or large frying pan. Heat on high. Add minced garlic and minced ginger and stir fry until fragrant. Add raw, marinated chicken to the hot wok and stir fry until cooked. Add firmest vegetables (like carrots and broccoli) first. Stir fry for a minute. Add 2 Tb of water all at once and quickly place lid on wok to steam vegetables. After 2-3 minutes check to see if vegetables are cooked. Add softer vegetables like onions as well as pre-cooked canned vegetables like water chestnuts and continue to stir fry until all vegetables are bright and slightly soft. Add the peanuts, chili oil and sauce and stir. Sauce will thicken, continue to stir fry so that you coat the chicken and vegetables. Remove from heat immediately so as not to overcook. Serve immediately with rice.

**When cooking on your own, choose 2-3 cups of your favorites; broccoli, carrots, onion, water chestnuts, bamboo shoots, miniature corn, snowpeas, bamboo shoots, mushrooms, etc.*

White Rice

3 cups of water

2 cups of rice

- Put 3 cups of water into a large saucepan.
- Bring to a boil. Stir in 2 cups of rice.
- Reduce heat, cover and simmer for 20 minutes.
- Remove from heat. Let stand covered for 5 minutes or until water is absorbed. Fluff with a fork. Serve.