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by ewfood

Kung Pao Chicken

Ingredients

1lb. chicken breasts, cubed
2 tsp. corn starch mixed with 4 tsp. water to create a paste
1fl oz. sesame, peanut or vegetable oil
1fl oz. rice wine vinegar, white vinegar or apple cider vinegar
1fl oz. soy sauce
0.5oz. brown sugar
0.5 tbsp. fresh ginger grated
1 tsp. crushed red chili flakes, chili powder or hot chili paste
3 spring onions, chopped
3 cloves garlic, minced
1 can bamboo shoots or water chestnuts (optional)
1.25oz. dry roasted peanuts or cashew nuts, chopped

Servings
4
Person
Preparation Time
1
hr
Cooking Time
25
min

Preparation

1. In a bowl, combine 1 tablespoon of each cornstarch paste, soy sauce and oil. Marinade the chicken pieces in this sauce for approximately 1 hour. The best results come when the chicken is left in the refrigerator to marinate
2. In a bowl mix 1 tablespoon of each cornstarch paste, soy sauce and oil. Add to this the chili, vinegar and sugar. Mix it well
3. Add to this the spring onion, garlic, bamboo shoots and nuts. Mix it so that all ingredients are properly coated
4. In a pan or wok heat this mixture on a medium high heat. It must be heated slowly
5. While you are heating the sauce in one pan, in another pan sauté the chicken until it is cooked through
6. Add the chicken to the sauce and let it simmer until the sauce has thickened
7. Serve with steamed rice.

Cooks Note

Preparation time: 1 hour; Cooking time: 25 minutes; Serves 4