

Stir-Fried Sweet & Sour Chicken

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 40 minutes

Step 1: Marinating the Chicken

- 1 chicken breast
- 1 tsp garlic (about 1 to 2 cloves)
- 1 tsp soy sauce
- 1 tsp Shao Hsing rice wine (or dry sherry)
- 1 tsp cornstarch
- 1/2 tsp sugar
- 1/8 tsp sea salt
- pinch white pepper

To prepare the chicken, dice it into bite-sized pieces.

Mince the garlic and place into a bowl. Add the remaining ingredients. Stir to evenly combine, making sure the cornstarch has dissolved. Add the chicken and toss to evenly coat. Set aside.

Step 2: Preparing the Sweet & Sour Sauce

- 4 tbsp chicken stock
- 1 1/2 tsp black soy sauce
- 1 1/2 tsp sesame oil
- 1 1/2 tbsp rice vinegar
- 1 1/2 tbsp ketchup
- 3/4 tbsp sugar
- 1 1/2 tsp soy sauce
- 1 1/8 tsp cornstarch
- 1/4 tsp sea salt

To prepare the sauce, mix all of the ingredients together, making sure that the cornstarch has completely dissolved. Set aside.

Step 3: Preparing the Rest of Your Mise en Place

- 1 cup fresh baby corn
- 1/2 cup water chestnuts
- 1 long Thai red chili (or 1/2 cup red pepper)
- 1 1/2 cups broccolini
- 1/4 cup Chinese chives (or scallions)
- 1/4 cup snow (or snap peas)
- 1 tbsp ginger
- 1 tbsp garlic (about 3 to 5 cloves)

To prepare your mise en place, mince the garlic and ginger. Cut the stems off of the broccolini florets. Cut into 1" -inch pieces. Place the stems and florets into separate mise en place bowls. Slice the Thai chili on the bias.

Note: If you can, use fresh water chestnuts and fresh baby corn.

To prepare the water chestnuts, simply cut off the top and bottom and peel the exterior with a vegetable peeler. Place into cold water to prevent them from oxidizing. Drain and dice just before using.

To prepare the baby corn, slice lengthwise into quarters. Trim the stem end off of the snow peas, slice the chives and set everything aside.

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut oil

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat.

Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

Stir-fry the chicken – remove. Add broccoli stems — chilies — water chestnuts & baby corn — snap peas — broccoli florets — garlic & ginger — return chicken and juices to wok — add sauce. Finish with chives. Feel free to add a touch more oil during the stir-frying process, if needed. Serve immediately.