

June 26, 2015

Recipe: Kung Pao Chicken with Broccoli

Chinese Spicy Chicken Stir-Fry with Broccoli and Peanuts

Servings: 4

2 pounds chicken breast, boneless, skinless

1 1/2 tablespoons dry sherry

1 1/2 tablespoons cornstarch

3/4 teaspoon salt

1/4 teaspoon white pepper

5 tablespoons oil, divided use

4 tablespoons soy sauce

2 tablespoons white wine vinegar

2 tablespoons dry sherry

6 tablespoons chicken broth

4 tablespoons sugar

2 tablespoons cornstarch

4 to 6 red chiles, dried, whole

1/2 cup peanuts, salted

1 1/2 cups broccoli, (optional)

2 cloves garlic, minced

1 1/2 teaspoons ginger root, minced

3 green onions, sliced

In a bowl combine the sherry, cornstarch, salt, and white pepper. Add cubed chicken and stir to coat it. Stir in 1 Tbsp of the oil. Set aside and let marinate for 15 minutes.

Cooking Sauce:

In a bowl combine soy sauce, white wine vinegar, sherry, chicken broth, sugar, and cornstarch. Set aside.

Heat a wok or large saute pan over medium heat. When pan is hot, add 1 Tbsp of the oil. Add the red chiles [4-6] and the peanuts. Cook, stirring, just until the chiles start to brown (be careful not to burn them). Remove from pan. Add 1 more Tbsp of oil and saute the broccoli until tender-crisp. Remove from pan.

Add the remaining 2 Tbsp of oil and raise the temperature of the heat to medium-high. Saute the chicken cubes until golden brown. Add the garlic, ginger root, and green onions. Saute 1 minute longer.

Return the broccoli, red chiles, and peanuts to the pan with the chicken. Stir in "cooking sauce" and cook until sauce boils and thickens.

Serving Suggestions:

Serve with White Rice

