



Kung Pao Chicken:

Yield: 4 - 5 servings
Preparation Time: About 20 minutes
Cooking Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• $\frac{3}{4}$ cup (175mL) chicken or vegetable stock• 2 Tbsp (30mL) soy sauce• 1 Tbsp (15mL) balsamic vinegar• 1 Tbsp (15mL) cornstarch <i>then</i> $\frac{1}{4}$ cup (50mL)• 2 tsp (10mL) sesame oil• 1 $\frac{1}{2}$ tsp (7mL) sugar• 2 or 3 boneless, skinless chicken breasts, cut into bite-sized pieces• $\frac{3}{4}$ tsp (3mL) salt and several grinds of freshly cracked pepper• 3 Tbsp (45mL) vegetable oil, <i>then</i> 1 Tbsp (15mL) oil• 1 small Thai chili pepper, split lengthwise, seeds removed (or $\frac{1}{2}$ jalapeno pepper, diced)• 1 Tbsp. (15mL) grated fresh ginger, about a 5 cm piece of ginger• 4 green onions, thinly sliced, whites and greens kept separately• 1 red pepper, cut into bite-sized pieces• 2 stalks of celery, cut into 1 cm thick slices• $\frac{1}{4}$ cup (50mL) peanuts (optional)	<ul style="list-style-type: none">• Tray or plate• Liquid measuring cup• Measuring cups and spoons• Whisk or fork• Small sharp knife• Cutting board• Large bowl• Spoon• Microplane or grater• 3 small bowls• Large frying pan, with lid (or tin foil to cover)• Tongs

Method:

1. Measure the chicken stock with a liquid measuring cup. Add the soy sauce, balsamic vinegar, 1 tablespoon cornstarch, sesame oil and sugar. Whisk together and put aside for now.
2. Cut the chicken breasts into bite-sized pieces and place in a large bowl. Add the salt and pepper and toss with the chicken. Add the $\frac{1}{4}$ cup (50mL) cornstarch and toss with the chicken. Wash the cutting board and knife in warm soapy water.

3. Cut the chili pepper in ½ and scrape out the seeds. Compost the seeds, unless you like your food spicy. Put in a small bowl. Wash the knife, cutting board and your hands. Do not rub your eyes or they will sting from the chili peppers.
4. Using a spoon, scrape the skin from the fresh ginger. Grate the ginger using a micro-plane or the fine holes on a grater. Measure and add to the chilies.
5. Slice the green onions and add the white slices to the chili mixture and place the green slices in another small bowl.
6. Cut the red pepper in ½ and remove the seeds and white pith. Compost these. Cut the red pepper into bite-sized pieces. Place in a small bowl.
7. Cut the celery into 1 cm slices and add to the red pepper.
8. Place large frying pan on the stovetop. Turn on the heat to medium-high and let the pan heat up for a minute. Add 3 tablespoons of oil to the pan and let heat up. Add the chicken, first shaking off the extra cornstarch. Cook for about 2 minutes a side, until it is lightly browned on both sides. Use tongs to turn over the chicken.
9. Add the other 1 Tbsp (15mL) oil to the pan. Add the chilies, the ginger and the whites of the green onions and cook, stirring for 1 minute.
10. Add the red pepper and the celery and cook, stirring until they are softened, about 2 minutes.
11. Give the broth mixture a quick whisk then add it to the pan, stirring it into the chicken and vegetables. Bring to a boil, scraping the bottom of the pan to loosen up any flavourful bits. The sauce will thicken. Remove a piece of chicken and cut into it. If it is pink, turn the heat down, cover the pan and cook for a few minutes more.
12. Remove the chili pepper halves. Serve right away, sprinkled with green onion slices and peanuts. This is very nice served over rice.