



Kung Pao Chicken

宫保鸡丁



Ingredients

Marinade:

450g chicken breast meat
1 tablespoon of Szechuan peppercorns
2½ tablespoons of cornflour
1/2 egg whites
1 tablespoon of vegetable oil

Sauce:

2 tablespoons of light soy sauce
½ tablespoon of rice vinegar
1 heaped tablespoon of runny honey
1/2 teaspoon of Shaoxing wine
1/2 teaspoon of cornflour
3 tablespoons of water

Other ingredients:

1 cloves of garlic, cut to thin slices
1 thumb-sized piece of ginger, cut to thin slices
1 stalk of spring onions, cut to about 3cm length
6 dried red chilies, cut to about 2 cm length, remove seeds
30 g of cashew nuts

Methods:

1. Toast the Sichuan peppercorns in a frying pan until lightly golden. Transfer to a mortar and pestle, grind to a fine powder, then sieve into a large bowl, discarding any large, tough bits. Add 2 tablespoons of cornflour and stir to combine.
2. Cut the chicken into about 1 1/2 cm square cubes, add the cornflour mixture, vegetable oil and half egg whites. Marinate for 30 minutes.
3. Deep-fry the chicken in vegetable oil over medium heat (about 120 degrees Celcius) for about two minutes until golden. Remove from oil.
4. Place about 2 tablespoons of vegetable oil in a wok or frying pan. Add garlic, ginger, dry chilies and stir-fry over medium heat until aromatic.
5. Add the chicken and stir-fry until the chicken is cooked through.
6. Combine the ingredients of the sauce. Pour the sauce over the chicken and quickly stir.
7. Add the spring onion. Stir-fry over high heat for a short while until the sauce thickens.
8. Add the roasted cashew nuts. Done.