

KUNG PAO CHICKEN

Shannon

comments

Wonderfully tasty meal. The "heat" comes from the fresh ginger, the dried chilies, and the pepper flakes. Using 6 small, dried chilies creates medium-hot to hot. Adjust for your taste. Kung Pao chicken is typically made with dark meat.

notes

Ingredients should be at room temperature before cooking. Get rice ready in advance so you're not fooling with it at the last minute.

You can either use a wok or a very heavy skillet. Use white meat if you prefer. Have butcher prepare chicken, if you like.

Serves 4.

Ingredients

prepare in advance

Remove bones and skin, then cut into 3/8th inch cubes

6 good-sized chicken thighs

In medium bowl, combine for marinade; blend well, then add chicken; marinate 30 minutes to several hours.

2 T soy sauce
4 T Shaoxing wine (or dry sherry)
2 egg whites
2 pinches of salt
1 tsp. cornstarch

Seed and dice

1 C red bell peppers

Cut into 1-inch lengths

4-6 green onions

Dice

1/2 C bamboo shoots

Shell and remove skins from

1/2 C raw peanuts (or buy raw peanuts already prepared)

Mince and combine

4 T fresh ginger
4 T fresh garlic

Combine for sauce and set aside

3/4 - 1 C chicken stock
2 T soy sauce
2-3 tsp. cornstarch

Have available

1/2 C peanut oil
2 pinches red pepper flakes
4-6 small dried hot chilies

complete recipe

Heat wok or skillet over medium-high heat. Add 1/2 C peanut oil. Add the peanuts and fry until golden brown; stir often; remove and drain on paper towels.

Remove all but 3 T of oil; add the dried chilies and stir-fry over medium-high heat until nearly blackened (keep a fan on to keep the smoke out of your eyes). Remove and discard.

Drain the excess marinade from the chicken. Fry about one-fourth of the chicken at a time; cook just until firm (you may need to add a little oil). Remove, and drain on paper towels.

Add the ginger, garlic, and 2 pinches of red pepper flakes stir fry until fragrant.

Add green onions, peppers, and bamboo shoots and stir fry one minute.

Add back the chicken and peanuts and cook until chicken is done, (about 2 minutes more).

Stir the sauce to dissolve the cornstarch; add to pan and cook over high heat until thickened.