

General Tso's Chicken

Serves: 4

Make sauce and refrigerate until needed:

1/2 C. Cornstarch
1/4 C. Water
1 1/2 tsp. minced fresh Garlic
1 1/2 tsp. minced fresh Ginger
3/4 C. Sugar
1/2 C. Soy Sauce
1/4 C. White Vinegar
1/4 C. Sherry (I have used a white wine before as well)
1 can condensed Chicken Broth

Put sauce ingredients into a quart jar with a lid and shake it up, then put in the fridge. Just shake it up again when you are ready to use it.

3 lbs. boneless, skinless chicken, cut into chunks
1/4 C. Soy Sauce
1 egg, beaten
1 C. Cornstarch
2 C. sliced Green Onions
8 small dried Hot Peppers, seeds removed (Get these the produce section in a grocery store)

Mix chicken, soy sauce, and hot peppers. Stir in egg. Add cornstarch, and mix until chicken pieces are coated. (It will look awful at this point.) Deep fry 7 or 8 chicken pieces at a time in a 350 degree oil until chicken pieces are crispy. Drain on paper towels. Repeat until all chicken chunks are fried.

Place a small amount of oil (1 Tbsp.) in wok, and heat to 400 degrees. Add onions, peppers (reusing them at this point.), and stir fry about 30 seconds. Stir sauce mixture, and then add to wok. Cook until thick. If it gets too thick, add water to right consistency. Add chicken to sauce in wok, and cook until all is hot and bubbly.

Serve with fried or steamed rice.

This does not reheat well, so eat in one sitting.