

Meat/General Tso Chicken

Servings: 4

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From the kitchen of David and Jennifer Deaven

Meat/General Tso Chicken

- least 10 minutes.
- Combine (C) in saucepan with salted boiling water. Cook until tender. Set aside in cold water if the chicken is not ready.
 - Coat (A) in (B) a second time. Deep fry a few pieces at a time in very hot oil as follows: cook 10-15 seconds, remove from oil and cool 15 seconds. Repeat. On the third time, allow to cook until golden brown (about 60 seconds). Set aside to dry on a paper towel.
 - Add a few tablespoons of oil from the deep fry to a wok, and heat a few red peppers in the oil until darkened.
 - Add (D), reduce heat to low, simmer 30 seconds, add (E). Mix over low heat until thick.
 - Add (A) to wok, coating chicken in sauce. Remove and place in center of plate.
 - Reheat (C) in hot water if needed, and garnish outside of plate with it. Garnish meat with sesame seeds (optional).

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- A: 1# chicken, boneless, cubed 1"
1T soy sauce
1T sherry
1 egg, beaten
B: 1/2C cornstarch
C: 3C broccoli
2 carrots, sliced to 5mm thickness
1 onion, cubed 1"
D: 1/4C chicken stock (not too salty)
1/4C soy sauce
3T sherry
1/3C sugar
4T rice vinegar
E: 2T cornstarch
4T water
1. Combine (A) and mix well to coat chicken.
2. Shake chicken, a few pieces at a time, in a bag containing (B). Place on a baking sheet and let stand at

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