



SWEET AND SOUR CHICKEN

Time: 30 minutes

Yield: 3-4 servings

INGREDIENTS

Sauce

- 1/3 cup rice wine vinegar
- 1/2 cup brown sugar
- Salt and pepper to taste
- 1/4 teaspoon dried ground ginger
- 1/2 cup ketchup
- Garlic powder, a pinch
- 1 cup chicken stock
- 2 tablespoons cornstarch

Chicken and Vegetables

- 4 tablespoons peanut oil, divided
- 1 cup celery, sliced
- 1 cup Chinese cabbage (or regular cabbage), chopped
- 1 medium onion, sliced
- 1 -2 cups carrot, shredded or cut into small pieces
- 1 red, yellow or green pepper, diced
- 1 pound white or dark chicken, cut into strips or diced
- 1/2 teaspoon fresh ginger, grated (or 1/4 teaspoon dried ginger) *
- 1 clove garlic, minced *

DIRECTIONS

Sauce

Place all of the sauce ingredients, except cornstarch, in a wok. Bring to a simmer over medium heat, remembering to stir occasionally. Remove two tablespoons of the simmering liquid and add it to the cornstarch and stir. (This mixture is called a slurry and will help thicken the sauce. Stir the slurry back into the wok and simmer a few minutes before removing thickened sauce to a bowl.

Chicken and Vegetables

Have all ingredients prepared and in place, ready to start the cooking.

In a deep skillet or wok, heat 2 tablespoons peanut oil over high heat. Add the vegetables and stir fry quickly, until onion is translucent and all vegetables are cooked through. Remove stir fried ingredients to a bowl.

Add remaining 2 tablespoons peanut oil to wok and add chicken; stir fry until not pink and juices run clear, about 5 to 7 minutes.

Add vegetables back to the wok, along with sauce, and simmer until all ingredients are heated through, 3 to 5 minutes.

Serve over hot cooked rice or noodles.

Note:

You can use any combination of vegetables that you like. The ones in this recipe are just suggestions to get your stir fry adventure started!