

General Tso's Chicken

INGREDIENTS:

Marinade

- 1 Fillet chicken breast
- ½ tsp salt
- ¼ tsp white pepper
- ½ tbsp Shaoxing cooking wine
- 2 Large egg white
- ½ tsp baking powder
- ½ cup corn starch
- ¼ cup flour
- 2 tbsp water
- 1 tbsp cooking oil

Sauce

- ¾ cup chicken broth
- 1 tbsp light soy sauce
- 1 tsp dark soy sauce
- ½ tbsp oyster sauce
- ¼ cup sugar
- 1½ tbsp white vinegar
- 1 tbsp Shaoxing cooking wine
- 1 tbsp potato starch
- 3 dried red chilies

Stir-fry

- 2 tbsp cooking oil
- 3 cloves garlic
- 4-5 slices ginger
- 2 stalks Green Onions, Cut Into 1/2 Inch Pieces.

Garnish

- ½ tsp sesame seeds

DIRECTIONS:

1. Cut the chicken breast into long strips and then into 1½-inch cubes.
2. Season the chicken with salt, white pepper, Shaoxing wine, egg whites, baking powder, cornstarch, flour, cold water, and cooking oil. Add oil as needed; don't pour all at once. The chicken must be evenly covered with egg white. Avoid the egg yolk as it will prevent the outside from crisping and darkening.
3. Mix chicken pieces and let marinate for 10–15 minutes.
4. In another bowl, add chicken broth, light soy sauce, dark soy sauce, oyster sauce, sugar, white vinegar, Shaoxing wine, and starch. Stir well. Cut the dried chilies into small sections; remove and discard seeds. Use only enough chili shells for fragrance, not spice.
5. In a frying pan, add oil. When the oil temperature reaches 300°F/150°C, put the chicken into the pan piece by piece; fry over medium-low heat for 2–3 minutes or until chicken floats to the surface.
6. After the chicken floats to the surface, take it out and cut off the uneven batter for a more appealing appearance.
7. When the oil temperature rises back to 300°C/150°F again, put the chicken in and again and re-fry about 30 seconds. Quickly strain it out of the oil and place it on a paper towel to absorb the excess. It is best to use medium-low heat when frying. The chicken must also be re-fried, otherwise, the texture will not be good.
8. Add oil to a 12-inch pan. Add garlic slices, ginger slices, and spring onions; stir-fry it.
9. Pour the sauce into the pot, keep stirring the mixture as it thickens.
10. Pour in the fried chicken pieces so the sauce completely covers the chicken.
11. Serve the chicken on a plate with sesame seeds to garnish (optional).