

Vegetables Chicken Stir Fry

Serves 6

Chicken thighs (Boneless, skinless)	1 Lb.(can also use beef: tri-tip, skirt, or flank Steak, sliced)
Canola/peanut oil	4 + 2 Tbsp.
Garlic	5 cloves, crushed
Ginger	6 slices
Onion	1 large, 2" dice
Dried Shiitake mushrooms	8-10 pieces
Carrot (large)	2 each, sliced thin
Bok Choy	1 Lb., cut into 2" (also Baby Bok Choy, Choy Sum)
Cornstarch	2 Tbsp.
Chicken broth, low sodium	½ cup

Marinade

Sugar	2 tsp.
Soy Sauce	2 Tbsp.
Oyster Sauce	2 Tbsp.
Sesame oil	1 Tbsp.
Sherry	2 Tbsp.

Marinating the chicken:

1. Mix marinade and stir well
2. Cut the chicken into 2" slices, mix in the marinade and set aside for ½ hr.

Preparing the vegetables:

1. Thinly slice the ginger.
2. Soak dried shiitake mushrooms, remove stems and cut into quarters.
3. Thinly slice the carrots.
4. Dice the onion into 2" squares
5. Put a small pot of water to boil (enough to cover all the carrots). Add 1 Tbsp. of oil. Put the carrot slices in the water, turn heat to low and simmer for 1 min. Remove carrot and drain. Set aside. (If ice is available, put them in a bowl of water with ice to shock them and stop the carry over cooking.) The oil used is for blanching only and is not consumed.
6. Wash vegetables and dry thoroughly. Cut into 2" segments.

Vegetables Chicken Stir Fry *(Continued)*

Pre-cook (half cook) the chicken:

1. Sprinkle 2 Tbsp. cornstarch evenly over the marinated chicken and mix well.
2. Heat the sauté pan till it starts to smoke, add 2 tablespoon oil.
3. Add chicken and sauté until have cooked – just evenly browned on the outside.
4. Remove from the pan without the remaining liquid and set aside. (Use a clean container. Do not use the same container or bowl that held the chicken for marinating.)

Cook the dish:

1. Heat the sauté pan till it starts to smoke, add 4 Tbsp. oil
2. Just before oil starts to smoke add garlic and onions, sauté till slightly brown to caramelize.
3. Add ginger and shiitake mushrooms, sauté until fragrant
4. Add the vegetable and sauté until the vegetable is evenly covered with a sheen of oil
5. Add the carrot and chicken and sauté.
6. Add the chicken broth and sauté. The broth should thicken gradually as you cook. If too thick add a little more broth to thin it to your desire.
7. Mix well and serve.