

General Tso's Chicken

From the basic recipe (with modifications) of Hazel Mah who owns Le Piment Rouge Windsor. This dish dates back to the Ch'ing Dynasty (1644-1912) and is named for General Tso Tsung-t'ang 1812-1885 (pronounced "sow"), a distinguished general and Governor of Hunan Province. According to legend, the old general ate nothing but poultry and this dish was his favorite. This version (2x) yields: 6-8 Servings:

| | | | |
|--------------------|---|-----------------|--|
| INGREDIENTS | | 4 Tbsp | Soy sauce, or 3Tbsp + 1 Tbsp Hoisin Sauce |
| 20 oz | Chicken | 1½ tsp | Vinegar |
| 2 c | Soya oil | 3 Tbsp | Cornstarch |
| 2 Tbsp | Ginger root, minced | ½ c | Chicken stock |
| 5 | Scallions, chopped including tops | 1 tsp | Sesame oil |
| 5 | Bok Choy stalks, cut 1" on diagonal w/greens | MARINADE | |
| 2 Tbsp | Garlic, minced | 2 | Egg white |
| 1 Tbsp | Dry chili pepper flakes | 2 Tbsp | Cornstarch |
| <i>or</i> | | 1 Tbsp | Soy sauce |
| 10 Dried | Chinese peppers (small) | 2 Tbsp | Sherry |
| 1 Tbsp | Chili Garlic Paste | 1 tsp | Orange zest |
| 3 Tbsp | Sugar | RICE | |
| | | 3 C (dry) | Jasmine rice, washed and steamed |

Instructions

1. For the best results use skinned de-boned legs of capon but chicken breasts also work well.
2. Cut the chicken into pieces about 1 inch in diameter, but not a smooth ball.
3. Prepare marinade by combining egg white, soy sauce, sherry and cornstarch in a bowl. Add chicken pieces and set aside for two hours.
4. In a deep pot, heat the oil until it reaches 350° F. In a basket, or with a slotted spoon, lower several marinated chicken pieces into the fat. Fry about 2 minutes or until the chicken becomes crisp; test for doneness before completing the batch. Continue until all pieces have been fried. Set oil and cooked chicken pieces aside.
5. In a wok, on high heat, reheat 4 Tbsp of the reserved oil. Add prepared Bok Choy and stir fry for 1 minute. Add ginger, scallions, garlic and chili peppers. Stir to prevent burning. Add sugar, soy sauce, vinegar and cornstarch mixed with chicken stock and stir until sauce thickens.
6. Add the fried chicken and stir quickly until hot. Remove from the heat and stir sesame oil into the sauce.
7. Spoon the mixture on to a hot platter and serve immediately with steamed rice.