

Stir Fried Chicken & Mushrooms (Moo Goo Gai Pan)

Theme: (China) Yield: 6 servings

PREP: 30 minutes + COOK: 10 minutes

Ingredients

12 ounces chicken breast, sliced

3 tablespoons water

1 teaspoon canola oil (plus 3 tablespoons, divided)

2 teaspoons cornstarch

salt and white pepper (to taste)

6 thin slices fresh ginger

2 scallions (the white portion only, sliced at an angle into $\frac{1}{2}$ -inch pieces)

2 cloves garlic (thinly sliced)

$\frac{1}{2}$ cup sliced white or cremini mushrooms

8 ounces straw mushrooms (canned, drained and rinsed in warm water, optional)

8 ounces bamboo shoots (canned, rinsed in warm water and drained)

8 ounces water chestnuts (canned, rinsed in warm water and drained)

4 to 5 cups baby bok choy (washed and cut into 2" rectangles)

1 cup low sodium chicken stock (chicken stock should be hot when added to wok)

$\frac{1}{4}$ teaspoon sugar

1 tsp oyster sauce or low sodium soy sauce

$\frac{1}{2}$ teaspoon sesame oil

1 1/2 tablespoons cornstarch (mixed with
2 tablespoons water)

Rice

Directions

1. Place the chicken and 3 tablespoons of water in a medium bowl. Massage the chicken with your hands until the water is absorbed by the chicken. Next, add the rest of the marinade ingredients: 1 teaspoon canola oil, 2 teaspoons cornstarch, $\frac{1}{4}$ teaspoon salt, and a pinch of ground white pepper. Mix well and set aside for 20 minutes.



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2. Heat the wok or heavy bottomed skillet over high heat until it just starts to smoke. Coat the perimeter of the wok with two tablespoons of oil, and spread the chicken in one layer around the wok. Let it sear for 20 seconds. Turn the chicken and let the other side sear for another 20 seconds. Turn the heat off, and transfer the chicken back to your marinade bowl. The chicken should be about 60% done.

3. Turn the burner back on to high heat, and add another tablespoon of oil, along with the ginger slices. Let the ginger infuse the oil for about 10 seconds. Add the scallions and garlic and stir fry for another 15 seconds. Next, add the mushrooms, bamboo shoots, and water chestnuts. Stir fry for 30 seconds, and add the bok choy.

4. Next, add the Shaoxing wine or Mirin and stir-fry for another minute. Then add the seared chicken slices and the hot chicken stock. It's important to add hot or even boiling chicken stock to keep the wok up to temperature. Most stove burners at home don't generate enough heat for a good stir-fry, so this is especially important for home cooks!

5. While the mixture is coming to a boil, add salt (to taste) and a pinch of white pepper, along with the sugar, oyster sauce or soy sauce, and sesame oil. Stir until well-combined. Taste the sauce with a spoon and re-season to taste.

6. Give the cornstarch slurry a quick stir, as the water and starch tend to separate, and add slowly to the wok while stirring constantly. You can add more or less slurry, depending upon how thick you like your sauce to be. After a minute, the sauce should be thickened.

7. Serve immediately with steamed rice!