Marvin's First Book

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How to make Kung Pao Chicken

Spicy chicken with peanuts, similar to what is served in Chinese restaurants. It is easy to make, and you can be as sloppy with the measurements as you want. They reduce to a nice, thick sauce. Substitute cashews for peanuts, or bamboo shoots for the water chestnuts. You can't go wrong! Enjoy!



1.1 Ingredients

- 1 pound skinless, boneless chicken breast halves cut into chunks
- 2 tablespoons white wine
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil, divided
- 2 tablespoons cornstarch, dissolved in 2 tablespoons water
- 1 ounce hot chile paste
- 1 teaspoon distilled white vinegar
- 2 teaspoons brown sugar
- 4 green onions, chopped
- 1 tablespoon chopped garlic
- 1 (8 ounce) can water chestnuts
- 4 ounces chopped peanuts

1.2 Directions

1.2.1 Step 1

To Make Marinade: Combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil and 1 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.

1.2.2 Step 2

To Make Sauce: In a small bowl combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil, 1 tablespoon cornstarch/water mixture, chili paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. In a medium skillet, heat sauce slowly until aromatic.

1.2.3 Step 3

Meanwhile, remove chicken from marinade and saute in a large skillet until meat is white and juices run clear. When sauce is aromatic, add sauteed chicken to it and let simmer together until sauce thickens.

Prerequisites

This is a *sample* book written in **Markdown**. You can use anything that Pandoc's Markdown supports, e.g., a math equation $a^2 + b^2 = c^2$.

The **bookdown** package can be installed from CRAN or Github:

```
install.packages("bookdown")
# or the development version
# devtools::install_github("rstudio/bookdown")
```

Introduction

You can label chapter and section titles using {#label} after them, e.g., we can reference Chapter 3. If you do not manually label them, there will be automatic labels anyway, e.g., Chapter 5.

Figures and tables with captions will be placed in figure and table environments, respectively.

```
par(mar = c(4, 4, .1, .1))
plot(pressure, type = 'b', pch = 19)
```

Reference a figure by its code chunk label with the fig: prefix, e.g., see Figure 3.1. Similarly, you can reference tables generated from knitr::kable(), e.g., see Table 3.1.

```
knitr::kable(
  head(iris, 20), caption = 'Here is a nice table!',
  booktabs = TRUE
)
```

You can write citations, too. For example, we are using the **bookdown** package (Xie, 2019) in this sample book, which was built on top of R Markdown and **knitr** (Xie, 2015).

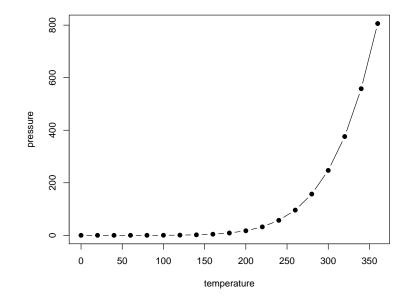


Figure 3.1: Here is a nice figure!

Table 3.1: Here is a nice table!

Table 3.1: Here is a nice table!						
Sepal.Length	Sepal.Width	Petal.Length	Petal.Width	Species		
5.1	3.5	1.4	0.2	setosa		
4.9	3.0	1.4	0.2	setosa		
4.7	3.2	1.3	0.2	setosa		
4.6	3.1	1.5	0.2	setosa		
5.0	3.6	1.4	0.2	setosa		
5.4	3.9	1.7	0.4	setosa		
4.6	3.4	1.4	0.3	setosa		
5.0	3.4	1.5	0.2	setosa		
4.4	2.9	1.4	0.2	setosa		
4.9	3.1	1.5	0.1	setosa		
5.4	3.7	1.5	0.2	setosa		
4.8	3.4	1.6	0.2	setosa		
4.8	3.0	1.4	0.1	setosa		
4.3	3.0	1.1	0.1	setosa		
5.8	4.0	1.2	0.2	setosa		
5.7	4.4	1.5	0.4	setosa		
5.4	3.9	1.3	0.4	setosa		
5.1	3.5	1.4	0.3	setosa		
5.7	3.8	1.7	0.3	setosa		
5.1	3.8	1.5	0.3	setosa		

Literature

Here is a review of existing methods.

Methods

We describe our methods in this chapter.

Applications

Some significant applications are demonstrated in this chapter.

- 6.1 Example one
- 6.2 Example two

Final Words

We have finished a nice book.

Bibliography

Xie, Y. (2015). Dynamic Documents with R and knitr. Chapman and Hall/CRC, Boca Raton, Florida, 2nd edition. ISBN 978-1498716963.

Xie, Y. (2019). bookdown: Authoring Books and Technical Documents with R Markdown. R package version 0.13.