

CHICKEN
STEAMED
WITH
FRESH
LEMON

西檸蒸雞

Sai Ling Ching
Gai

To the Cantonese, *sai ling* means "foreign lemon," and the distinction is made with this particular dish to suggest that it is best made with lemons that come from what they called "Golden Mountain," or California, rather than the thicker-skinned lemons of Canton.

There are many versions of this combination of chicken and lemon, almost all of them called "lemon chicken." In most, even in China, chicken is coated and fried and then a thickened yellow lemon-flavored sauce is poured over it. I prefer to steam the chicken with fresh lemon, which imparts delicacy and style to a fine dish.

$\frac{3}{4}$ pound chicken cutlets, cut into 1-inch cubes

Make a marinade—combine in a bowl:

- 2 teaspoons fresh lemon juice, squeezed from $\frac{1}{2}$ fresh lemon
- Squeezed half of the lemon, cut into 4 (1-inch) pieces
- $\frac{1}{2}$ teaspoon ginger juice mixed with 2 teaspoons white wine
- $1\frac{1}{2}$ teaspoons light soy sauce
- $2\frac{1}{2}$ teaspoons oyster sauce
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons sugar
- 1 teaspoon sesame oil
- $2\frac{1}{2}$ teaspoons peanut oil
- Pinch of white pepper
- 2 teaspoons cornstarch

Sprigs fresh coriander (for a garnish)

1. Add the chicken pieces to the marinade and toss well. Allow to marinate for 20 minutes.
2. Place the chicken with its marinade in a heatproof dish. Place dish in a steamer and steam (page 38) for 15

*New Cantonese Cooking, by Eileen
Yin-Fei Lo, Viking Penguin, New York,
c1988*

minutes, or until the chicken turns white. Halfway through the steaming process, turn the chicken over.

3. Turn off heat. Remove the chicken from steamer and serve either from the heatproof dish or in a preheated serving dish, with the sauce poured over it. Garnish with fresh coriander and serve with cooked rice, so that you may enjoy the sauce.