

Can use
1 tsp.
powdered
ginger.

1 1/4 lb. broccoli

~~1 whole chicken breast, or 1 lb. chicken thighs~~ 1 lb. flank steak

2 tsp. slivered ginger root

1 green onion, slivered

3 tbsp. oil

1/2 tsp. salt

1/2 tsp. sugar

1/2 tsp. thin soy sauce

2/3 c. chicken stock

Seasoning:

1/2 tsp. salt

1/2 tsp. sugar

1 tsp. thin soy sauce

1 tsp. oyster sauce

1 tsp. white wine

dash of pepper

1 tbsp. cornstarch

Thickener:

2 tsp. cornstarch, mixed well with 2
tsp. cold water

Serves 6

Beef CHICKEN WITH BROCCOLI (Gai Chow Gai Lon)

Cut flank steak
lengthwise (with grain
of meat) into 3 equal
strips each approximately
1 1/2" wide. Cut each
strip across the grain into
thin slices.

1. Peel off tough outer covering of broccoli stems. Cut stems and flowerets into thin slices on the diagonal.
2. ~~Skin and bone chicken. Cut into pieces 1 1/2" by 1/2".~~ Place in a bowl.
3. Add seasoning ingredients, ginger, and green onion to ~~chicken~~ ^{beef}. Mix well.
4. Heat wok and add 1 tbsp. oil. Add broccoli and stir-fry for 2 minutes over high heat.
5. Add salt, sugar, soy sauce, and 1/3 c. chicken stock and bring to a boil. Cook, uncovered, for 2 minutes. Remove from wok and set aside.
6. Heat wok and add 2 tbsp. oil. Add ~~chicken~~ ^{beef} and stir-fry for 2 minutes over high heat.
7. Add 1/3 c. chicken stock. Cover and cook for 2 minutes over high heat.
8. Add broccoli. Mix thoroughly.
9. Stir in thickener. Cook for 30 seconds. Serve.

Advance preparation: Steps 1-7 may be completed several hours in advance and kept at room temperature.

Variation: Substitute 6 oz. fresh mushrooms, thinly sliced, and 1/2 lb. cabbage, sliced in pieces 2" wide, for the broccoli. The cooking time remains the same.

Serving suggestion: Serve with Winter Melon Soup, Sweet-and-Sour Pork, and Steamed Rice.

Note: When broccoli is cooked without a cover, it keeps its bright green color and stays nice and crunchy.

Chopsticks, Cleaver, and Wok:

Homestyle Chinese
Cooking, by Jennie Lou
Chronicle Books,
San Francisco, c1987.

* Can replace
broccoli with
sliced chayote. Remove
skin of chayote before
slicing. Be careful because
chayote skin is sticky.