

11/13/00

Stir-Fried Chicken and Vegetables

1 lb. chicken thighs, cut into bite-sized pieces

- ① { $\frac{1}{2}$ tsp. salt
1 Tbl. cornstarch
1 Tbl. cooking wine
1 Tbl. oil
1 Tbl. light soy sauce

6 pieces green onion, chopped

- ② { 2 c. dried wood ears (slivered), black mushrooms (sliced), chinese pea pods (or sliced zucchini), bamboo (slices), button mushrooms (sliced)

pre-softened
in water

- ③ { 1 c. chicken broth
 $\frac{1}{2}$ Tbl. cooking wine
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. salt

- ④ { $\frac{1}{2}$ Tbl. cornstarch
1 Tbl. water

Mix chicken with ①.

Heat 2 Tbl. oil.

Stir-fry onions until fragrant.

Add ②; stir-fry until cooked. Remove.

Stir-fry chicken until lightly brown.

Add ③. Cover and cook 15 minutes.

Add vegetables; bring to boil. Add ④; stir-fry 20 seconds. Remove and serve.