

CHICKEN WITH ASPARAGUS

(Lee Sun Gai Kau)

1 whole chicken breast, or 1 lb. chicken thighs

1½ lb. asparagus

1½ tbsp. salted black beans

1 tbsp. finely chopped garlic

1 tsp. crushed dried red chili pepper (optional)

3 tbsp. oil

¼ tsp. salt

½ tsp. sugar

¾ c. chicken stock

Seasoning:

1 tsp. salt

1 tsp. sugar

1 tsp. thin soy sauce

2 tsp. oyster sauce

1 tbsp. cornstarch

Thickener:

2 tsp. cornstarch, mixed well with 1½ tbsp. cold water

Serves 6

1. Skin and bone chicken. Cut into pieces 1½" by ½". Place in a bowl.
2. Add seasoning ingredients to chicken. Mix well.
3. Break off and discard the tough base end of the asparagus. Cut each spear into 2" lengths on the diagonal.
4. Rinse and drain black beans twice. Mash the beans with the butt end of a cleaver. Add garlic and chili pepper.
5. Heat wok and add 2 tbsp. oil. Add chicken and stir-fry for 3 minutes over high heat. Remove from wok and set aside.
6. Heat wok and add 1 tbsp. oil. Add black-bean mixture and cook for 30 seconds.
7. Add the asparagus and stir-fry for 2 minutes. Then add salt, sugar, chicken stock, and chicken. Bring to a boil. Cover and cook for 2 minutes over high heat.
8. Stir in thickener. Cook for 30 seconds. Serve.

Advance preparation: Steps 1–5 may be completed a few hours in advance and kept at room temperature.

Chopsticks, Cleaver,
and Wok - Homestyle
Chinese Cooking by
Jennie Lou
(Chronicle Books,
San Francisco,
©1987)