

CHICKEN IN CLAY POT

(Gai Bow)

1. Skin and bone chicken. Cut into pieces $1\frac{1}{2}$ " by $\frac{1}{2}$ ". Place in a bowl.
2. Add seasoning ingredients to chicken. Mix well.
3. Cut green onions into $\frac{1}{2}$ " pieces.
4. Cut red onion into $\frac{3}{4}$ " cubes. You should have about $\frac{1}{2}$ c.
5. Cut lettuce into pieces 2" wide.
6. Rinse and drain black beans twice. Drain and mash to a paste with the butt end of a cleaver. Add garlic.
7. Heat wok and add oil. Add black-bean mixture, green onions, red onion, and chicken and stir-fry for 2 minutes over high heat. Remove from heat.
8. Put lettuce in the bottom of a 9" clay pot or flameproof glass saucepan. Add stir-fried chicken mixture and mushrooms. Combine sauce ingredients and add to pot. Cover and cook over high heat for 10 minutes, stirring to prevent burning.
9. Combine thickener ingredients and add to pot. Cook for 30 seconds. Serve.

Advance preparation: The entire recipe may be prepared a day in advance and reheated on the stove or in a microwave oven. It will also stay hot in a warm oven for up to 1 hour.

Chopsticks, Cleaver,
and Wok
by Jennie Low,
Chronicle Books,
San Francisco, 1997

Can use
pork
(slivered)

1 whole chicken breast, or 1 lb. chicken thighs

2 green onions

$\frac{1}{4}$ medium-sized red onion

$\frac{1}{4}$ head iceberg lettuce ← can omit

2 tbsp. salted black beans

2 tsp. finely chopped garlic

2 tbsp. oil

1 can (15 oz.) straw mushrooms,
drained and rinsed, or 6 oz. fresh mushrooms

Seasoning:

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. sugar

1 tsp. thin soy sauce

2 tsp. cornstarch

Sauce:

$\frac{1}{4}$ c. chicken stock

1 tbsp. dark soy sauce

1 tbsp. oyster sauce

1 tbsp. white wine

Thickener:

1 tbsp. cornstarch, mixed well with

2 tbsp. cold water

1 tbsp. sesame oil

Serves 4