

CHICKEN WITH BROCCOLI

(Gai Chow Guy Lon)

Can use
1 tsp.
powdered
ginger.

1/4 lb. broccoli
1 whole chicken breast, or 1 lb. chicken
thighs
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

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. 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 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 Low,
Chronicle Books,
San Francisco, c1987.