



Palatable

General Tso's Chicken

Ingredients

Sauce

- 1/2 cup cornstarch
- 1/4 cup water
- 1+1/2 tsp minced garlic
- 1+1/2 tsp minced ginger root
- 3/4 cup sugar
- 1/2 cup soy sauce
- 1/4 cup white vinegar
- 1/4 cup cooking wine
- 1+1/2 cup hot chicken broth
- 1 tsp monosodium glutamate (optional)

Meat

- 3 lbs deboned dark chicken meat, cut into large chunks
- 1/4 cup soy sauce
- 1 tsp white pepper
- 1 egg
- 1 cup cornstarch
- Vegetable oil for deep-frying
- 2 cups sliced green onions
- 16 small dried hot peppers

Instructions

1. Mix 1/2 cup cornstarch with water. Add garlic, ginger, sugar, 1/2 cup soy sauce, vinegar, wine, chicken broth and MSG (if desired).
2. Stir until sugar dissolves.
3. Refrigerate until needed.
4. In separate bowl, mix chicken, 1/4 cup soy sauce and white pepper.
5. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly.
6. Add cup of vegetable oil to help separate chicken pieces.
7. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on paper towels.
8. Place a small amount of oil in wok and heat until wok is hot.
9. Add onions and peppers and stir-fry briefly.
10. Stir sauce and add to wok.
11. Place chicken in sauce and cook until sauce thickens.

