

General Tso's Chicken

From the basic recipe (with modifications) of Hazel Mah who owns Le Piment Rouge Windsor. This dish dates back to the Ch'ing Dynasty (1644-1912) and is named for General Tso Tsung-t'ang 1812-1885 (pronounced "sow"), a distinguished general and Governor of Hunan Province. According to legend, the old general ate nothing but poultry and this dish was his favorite. This version (2x) yields: 6-8 Servings:

INGREDIENTS		4 Tbsp	Soy sauce, or 3Tbsp + 1 Tbsp Hoisin Sauce
20 oz	Chicken	1½ tsp	Vinegar
2 c	Soya oil	3 Tbsp	Cornstarch
2 Tbsp	Ginger root, minced	½ c	Chicken stock
5	Scallions, chopped including tops	1 tsp	Sesame oil
5	Bok Choy stalks, cut 1" on diagonal w/greens	MARINADE	
2 Tbsp	Garlic, minced	2	Egg white
1 Tbsp	Dry chili pepper flakes	2 Tbsp	Cornstarch
<i>or</i>		1 Tbsp	Soy sauce
10 Dried	Chinese peppers (small)	2 Tbsp	Sherry
1 Tbsp	Chili Garlic Paste	1 tsp	Orange zest
3 Tbsp	Sugar	RICE	
		3 C (dry)	Jasmine rice, washed and steamed

Instructions

1. For the best results use skinned de-boned legs of capon but chicken breasts also work well.
2. Cut the chicken into pieces about 1 inch in diameter, but not a smooth ball.
3. Prepare marinade by combining egg white, soy sauce, sherry and cornstarch in a bowl. Add chicken pieces and set aside for two hours.
4. In a deep pot, heat the oil until it reaches 350° F. In a basket, or with a slotted spoon, lower several marinated chicken pieces into the fat. Fry about 2 minutes or until the chicken becomes crisp; test for doneness before completing the batch. Continue until all pieces have been fried. Set oil and cooked chicken pieces aside.
5. In a wok, on high heat, reheat 4 Tbsp of the reserved oil. Add prepared Bok Choy and stir fry for 1 minute. Add ginger, scallions, garlic and chili peppers. Stir to prevent burning. Add sugar, soy sauce, vinegar and cornstarch mixed with chicken stock and stir until sauce thickens.
6. Add the fried chicken and stir quickly until hot. Remove from the heat and stir sesame oil into the sauce.
7. Spoon the mixture on to a hot platter and serve immediately with steamed rice.