

Chicken and Broccoli

Ingredients

12 oz Chicken Breasts (sliced)
5 T Water
2 T Oyster Sauce
1 t Cornstarch (plus 2 tablespoons)
1 1/2 t Vegetable Oil (plus 3
tablespoons)
2/3 c Chicken Broth
1 1/2 t Sugar
1 1/2 T Soy Sauce
2 t Dark Soy Sauce
1 t Sesame Oil
1/8 t White Pepper
4 c Broccoli Florets
2 clv Garlic (minced)
1/4 t Ginger (grated)
1 T Rice Wine

Instructions

1. In a bowl, add the chicken, 3 tablespoons water, 1 tablespoon oyster sauce, 1 teaspoon cornstarch, and 1 1/2 teaspoons vegetable oil. Rub the marinade ingredients into the chicken with your hands until all the liquid has been absorbed by the chicken. Set aside for 10 minutes.
2. In a small bowl add the chicken broth, sugar, soy sauce, dark soy sauce, 1 tablespoon oyster sauce, sesame oil and white pepper. Stir everything together until well combined and set aside.
3. Boil water in your wok and blanch the broccoli for 1 minute (or 2 minutes if you like your broccoli softer). Drain and set aside.
4. Clean and dry your wok. Place it over high heat until smoking. Add 2 tablespoons vegetable oil and

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sear the chicken until opaque on all sides (this should only take about 3 minutes). Turn off the heat, remove the chicken, and set aside.

5. Set the flame to medium heat. Add another tablespoon of oil, along with the garlic and ginger. Stir the garlic and ginger for 5 seconds and add the rice wine around the perimeter of the wok. Then pour in the sauce mixture. Use your wok spatula to stir the sauce around the sides of the wok to deglaze, and let it come to a simmer.

6. In a small bowl add 2 tablespoons cornstarch and 2 tablespoons water and combine to make a slurry then drizzle the mixture into sauce while stirring constantly. Allow the sauce to simmer for 10 to 15 seconds until thick and gravy-like.

7. Toss in the chicken and its juices and the

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blanched broccoli. Stir-fry until the chicken and broccoli is coated in the sauce. Remove from heat then serve with steamed rice.