

Firebird Chicken

Ingredients

18 oz Chicken Breast (1/4-inch	thick pieces)
3 T Water	1 1/2 T Cornstarch (plus 3/4
teaspoon)	1 1/2 t Vegetable Oil (plus 3
tablespoons)	3/4 t Sesame Oil
1 1/2 t Ginger (grated)	3 t Garlic (minced)
3 Green Onions (cut into 2-inch	pieces)
1 c Bamboo Shoots (sliced)	1 1/2 T Rice Wine
3 T Chinese BBQ Sauce	1 1/2 T Soy Sauce (plus 3/4
teaspoon)	1 1/2 T Sugar
1 1/2 T Chili Oil Sauce	2/3 c Chicken Broth

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Instructions

1. Add the chicken to a bowl, along with water. Use your hands to massage the water into the chicken until it is absorbed. Add 1 1/2 tablespoon cornstarch, 1 1/2 teaspoon oil, and sesame oil to the chicken, mix well and set aside.
2. In a small bowl mix Chinese BBQ sauce, 1 1/2 tablespoon soy sauce, sugar, and chili oil sauce. Set aside. In another small bowl add chicken broth, 3/4 teaspoon soy sauce, and 3/4 teaspoon cornstarch.
3. Heat your wok on high until almost smoking, then add 1 1/2 tablespoon of oil. Spread the chicken one layer deep, and let sear for about 20 seconds. Turn the chicken and let the other side sear for another 20 seconds. Then, immediately transfer back into the same bowl.
4. Add another 1 1/2 tablespoon of oil and ginger to the wok, and let caramelize for 10 seconds. Working quickly, stir in the garlic and green onion whites. After 15 seconds, add the seared chicken (and any juices from the bowl), and the bamboo shoots.
5. Pour the rice wine around the wok then quickly add the bowl of sauce. Stir-fry everything to combine. Add in the bowl with chicken broth and stir fry for another 30

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seconds. Add the rest of the green onions and mix well. Plate and serve over rice!