

Velvet Chicken with Bok Choy

From – eatingwell.com

1 lb boneless, skinless chicken breasts, cut crosswise into ¼” slices
1 egg white, lightly beaten
1 Tbsp plus ½ tsp cornstarch, divided
2 tsp plus 2 Tbsp Shao Hsing rice wine or dry cherry, divided
½ tsp salt, divided
3 Tbsp peanut oil or canola oil, divided
1/3 cup reduced-sodium chicken broth
2 tsp reduced-sodium soy sauce
¼ tsp ground white pepper
6 cups water
2/3 cup chopped scallions, divided
1 Tbsp minced fresh ginger
¼ tsp crushed red pepper
8 cups trimmed and halved bok choy

- Combine egg white, 1 Tbsp cornstarch, 2 tsp rice wine or sherry and ¼ tsp salt in a medium bowl. Stir until the cornstarch is totally dissolved and no clumps are visible.
- Add 1 Tbsp oil and stir to combine. Add chicken and marinate in the refrigerator, uncovered, for 30 minutes.
- Combine broth, soy sauce, white pepper and the remaining ½ tsp cornstarch and 2 Tbsp rice wine in a small bowl.
- When the chicken has 10 minutes to go, bring water to a boil in a large saucepan.
- Add 2 Tbsp oil. Reduce the heat to low.
- Carefully add the chicken to the barely simmering water, gently stir so it doesn't clump together.
- Cook just until opaque but not cooked through, about 1 minute.
- Carefully drain the chicken in a colander and shake to remove excess water.
- Heat a 14” flat-bottomed wok or large saute pan over high heat. Swirl in the remaining 1 Tbsp oil.
- Add 1/3 cup scallions, ginger and crushed red pepper, using a metal spatula, stir-fry until fragrant, about 10 seconds. Add bok choy and the remaining ¼ tsp salt. Stir-fry until the bok choy is almost crisp-tender, 1 to 2 minutes.
- Add the chicken. Stir the broth mixture again, swirl it into the wok and stir-fry until the chicken is just cooked through and lightly coated with sauce, 30 seconds to 1 minute.
- Serve sprinkled with the remaining 1/3 cup scallions.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com