

KUNG PAO CHICKEN OR BEEF

F MEDIUM

Last Modified: 01/12/2016

PREP: 1 Hr
COOK: 15 Min
STIR-FRY

ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Large	Chicken Breasts (Skinless/Boneless)	Cubed
OR			
1 1/2	Pounds	Sirloin Steak (Trimmed)	Cubed
2	Cups	White Rice	Uncooked
2	Medium	Carrots (Peeled)	Julienned
1	Medium	Colored Bell Pepper (Seeded)	Sliced
1	Bunch	Green Onions (Greens Only)	1" Pieces
3	Stalks	Celery	Chopped
1 +	Cups	Pea Pods (Strings Removed)	
1	Cup	Broccoli Florets	
1/2	Cup	Hot Water	
4	Tbsp	Olive Oil (For Frying)	

MARINADE

2	Tsp	Soy Sauce (Lee Kum Kee)	
2	Tsp	Sherry (Holland House)	
1	Tsp	Sesame Oil (La Tourengelle)	
1 1/2	Tsp	Corn Starch	

KUNG PAO SAUCE

1	Tsp	Chicken Base (Minor's)	
1/2	Cup	Hot Water	
4	Tbsp	Soy Sauce (Lee Kum Kee)	
2	Tbsp	Sherry (Holland House)	
1	Tsp	Dark Brown Sugar	
2	Tbsp	Kung Pao Sauce (Wei Chuan)	
2	Tbsp	Sweet Chili Sauce (Mae Ploy)	
1	Tbsp	Chili Garlic Sauce (Huy Fong)	
1	Tbsp	Corn Starch (Heaping)	

PREPARATION

FACTOID	Easy, quick and very flavorful.
TOOLS	1) Large Mixing Bowl 2) Small Mixing Bowl 3) Wok & Lid 4) Gallon Zip Lock Bag

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PREP	<p>DISH</p> <p>1) Cut the chosen Meat into 1" cubes and set it aside. 2) Julienne the Carrots and set them aside. 3) Remove the seeds and veins from the Pepper, thinly slice it and set it aside. 4) Chop the Celery and set it aside. 5) Chop the Green Onion greens on the bias into 1" pieces and set them aside.</p>
PREP	<p>1/2 Hour Before: Mix all Marinade ingredients together in a gallon zip lock bag. Add in the Meat, seal, squeeze and refrigerate for 1/2 hour (turn over once to recoat).</p>
1	<p>Cook the Rice according to package directions, cover and set it aside to keep warm.</p>
2	<p>KUNG PAO SAUCE: In a small mixing bowl, add in the Kung Pao Sauce ingredients and whisk until the Sugar has completely dissolved and the Corn Starch is smooth.</p>
NOTE	<p>I know, I know - we are adding a bit of "prepared" Kung Pao Sauce into our homemade Kung Pao Sauce. The reason is that the "real" version contains tiny amounts of several expensive ingredients that the total absence of any of them GREATLY affects the flavor.</p>
3	<p>Heat the wok over high heat and add in 2 tablespoons of Olive Oil until just smoking. Add in the Carrots, stir-fry for 1 minute. Add in the Celery. stir-fry for 1 minute. Add in the Pea Pods, Onions and Bell Peppers and stir-fry for 2 minutes. Add in the Broccoli and 1/2 cup of Water, cover and steam undisturbed for 2 minutes.</p>
4	<p>Pour the Vegetable Mixture into a large mixing bowl and cover it with a plate to keep them hot.</p>
5	<p>Add 2 tablespoons of Olive Oil into the wok and heat it until just smoking. Add in the Meat and Marinade and stir-fry until just done, remix the Kung Pao Sauce and add it to the Meat, heat the mixture until thickened (bubbles on bubbles).</p>
6	<p>Add in the Vegetables and reheat while stir-frying. Spread the Rice evenly on a serving platter.</p>
SERVE	<p>Spread over the Rice on the serving platter and serve while hot.</p>