

PF CHANGS HONEY SEARED CHICKEN

F EASY

Last Modified: 01/17/2016

PREP: 2+ Hrs
COOK: 10 Min
STOVETOP

BAR & RESTAURANT COPY

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Chicken Breasts (Boneless / Skinless)	Cubed
2	Cups	Canola Oil (For Frying)	

CHICKEN BATTER			
1/2	Cup	All Purpose Flour	
1/3	Cup	Corn Starch	
1	Large	Egg	Beaten
3/4	Cup	Water	
1/8	Tsp	Baking Soda	
1/8	Tsp	Baking Powder	

CHICKEN MARINADE			
1	Tbsp	Low Sodium Soy Sauce (Kikkoman)	
1/8	Tsp	Ground White Pepper	
1/4	Tsp	Kosher Salt	
1	Tbsp	Corn Starch	

HONEY SAUCE			
1/4	Cup	Water	
1/4	Cup	Corn Starch	
1/2	Cup	Sake	
OR			
1/2	Cup	Rice Wine (Kikkoman)	
1/2	Cup	Honey	
1/3	Cup	Rice Wine Vinegar (Marukan)	
3	Tbsp	Low Sodium Soy Sauce (Kikkoman)	
6	Tbsp	Granulated Sugar	

PREPARATION	
FACTOID	This recipe was copied from a news show featuring a P.F. Chang's Restaurant in Minneapolis. Probably the real one.
TOOLS	1) 2 - Small Mixing Bowls 2) Quart Zip Lock Bag 3) Wok
PREP	2 Hours Before: 1) In a small mixing bowl, beat the Egg until there are no white streaks visible. Add in the remaining Batter ingredients and mix thoroughly. Seal it with plastic wrap and refrigerate it for 2 hours.
PREP	DISH 1) Cut the Chicken Breasts into 1 inch cubes and set them aside.

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1	20 Minutes Before: Place the Chicken Seasoning ingredients in a quart zip lock bag and shake to mix well. Add in the Chicken Cubes, seal and squeeze to coat them well. Refrigerate for 20 minutes.
2	Preheat the oven to 200 degrees. In a wok over high heat, heat the Canola Oil until it begins to smoke. Working in batches, coat several Chicken Cubes in the Batter Mixture and fry until golden brown. Keep each finished batch warm in the oven, tented with aluminum foil.
3	In a small mixing bowl, thoroughly mix the Water and Corn Starch (No lumps). In a small saucepan over medium heat, add in the remaining Honey Sauce ingredients and heat until it comes to a boil while stirring. Slowly stir in the Corn Starch Mixture and boil for an additional 2 minutes.
SERVE	Pour the Honey Sauce evenly over the top of the Chicken Chunks and serve while hot with Steamed Rice on the side.

