

General Tso's Chicken

Ingredients

- Sauce
 - 1/2 cup cornstarch
 - 1/4 cup water
 - 1+1/2 tsp minced garlic
 - 1+1/2 tsp minced ginger root
 - 3/4 cup sugar
 - 1/2 cup soy sauce
 - 1/4 cup white vinegar
 - 1/4 cup cooking wine
 - 1+1/2 cup hot chicken broth
 - 1 tsp monosodium glutamate (optional)

- Meat
 - 3 lbs deboned dark chicken meat, cut into large chunks
 - 1/4 cup soy sauce
 - 1 tsp white pepper
 - 1 egg
 - 1 cup cornstarch
 - Vegetable oil for deep-frying
 - 2 cups sliced green onions
 - 16 small dried hot peppers

Directions

1. Mix 1/2 cup cornstarch with water. Add garlic, ginger, sugar, 1/2 cup soy sauce, vinegar, wine, chicken broth and MSG (if desired).
2. Stir until sugar dissolves.
3. Refrigerate until needed.
4. In separate bowl, mix chicken, 1/4 cup soy sauce and white pepper.
5. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly.
6. Add cup of vegetable oil to help separate chicken pieces.
7. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on paper towels.
8. Place a small amount of oil in wok and heat until wok is hot.
9. Add onions and peppers and stir-fry briefly.
10. Stir sauce and add to wok.
11. Place chicken in sauce and cook until sauce thickens.

Prep Time:	Cook Time:	Total Time:	Servings:
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Origin : Internet

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