

General Tso's Chicken

**Yes you can serve this in Styrofoam containers as long as you promise to make it yourself!
...and you can eat it with a fork instead of chopsticks.**

- Servings - 3 to 4
- Prep time - 20 minutes
- Cook time - 25 minutes

Ingredients

For the Chicken:

- 1 1/2 teaspoon toasted sesame oil
- 1 tablespoon soy sauce
- 1 whole large egg white
- 1/4 cup plus 2 tablespoons cornstarch
- 1 pound boneless, skinless chicken thighs or breasts
- Canola, peanut, or vegetable oil

For the Sauce

- 1 tablespoon peanut, canola or vegetable oil
- 2 cloves garlic, peeled and minced
- 2 tablespoons finely chopped fresh ginger root
- 1 cup chicken broth or stock
- 1/4 cup soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon Chinese chili-garlic sauce
- 3 tablespoons raw sugar (or brown sugar)

Protocol

For the Chicken:

1. In a large mixing bowl, combine the sesame oil, soy sauce, and egg white.
2. Mix in the cornstarch. This will become very thick and hard to stir. That's okay.
3. Cut your chicken into tiny pieces and add that into the bowl. Mix to evenly coat the chicken.
4. Cover in cling-wrap and let marinate at room temperature for 20 minutes. In the mean time prepare your rice or veggies you will serve this with. Also, start the sauce in the directions below.
5. Heat 1/2 inch of oil in a heavy duty pan over high heat.

6. In about 2 or 3 batches, fry the chicken pieces 3 to 4 minutes a side or until golden brown. Let cool on a paper towel-lined plate.

For the Sauce:

1. In a large mixing bowl, whisk together the chicken broth, soy sauce, cornstarch, chili-sauce, and sugar.
2. In a small sauce pan, heat the tablespoon of oil and stir in the garlic and ginger. Continue to stir until fragrant. About a minute.
3. Pour in the sauce and cook over low heat, stirring every minute or so until sauce thickens up. Trust us it will.

For the Finale:

1. In a large pot or bowl, mix together the chicken and sauce. You can also toss in steamed vegetables if you want.
2. Serve over hot rice and enjoy!