

Spicy Slippery Chicken Recipe

Ingredients: Serves 4

280g boneless, skinless chicken breast, cut into 1½-inch-long julienne

1 large egg white

1 tablespoon cornstarch

a pinch of salt

Vegetable oil, for passing through

Spinach:

5 cups Chicken stock, canned chicken broth or water

One 250-g bag tender leaf spinach, well rinsed

Sauce:

3 tablespoons Chicken stock or canned chicken broth

2 tablespoons rice wine or dry sherry

2 tablespoons soy sauce

2 tablespoons distilled white vinegar

1 tablespoons sugar

Pinch of ground white pepper

1 tablespoon cornstarch

2 scallions, white and green parts, trimmed and minced

4 garlic cloves, peeled and minced

2 teaspoons peeled and minced fresh ginger

2 teaspoons hot bean paste

1 teaspoon hot chili oil

Method:

Mix the chicken, egg white, cornstarch, salt and 1 tablespoon of the vegetable oil in a medium bowl. Set it aside. To prepare the spinach, bring the stock to a boil in a medium saucepan over high heat. Add 1 tablespoon of the vegetable oil, then the spinach and cook until the spinach turns bright green, about 45 seconds. Drain thoroughly in a colander. Spread the spinach on a serving platter and cover with aluminum foil to keep warm. Heat a large wok over high heat. Add enough vegetable oil to come 1 inch up the sides of the wok and heat it to 170°C. Add the chicken pieces, a few at a time, in small batches and stir gently, keeping the pieces separate and cooking until the chicken turns white, about 45 seconds. Using a wide wire-mesh strainer, transfer the chicken to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. To begin the sauce, mix the 3 tablespoons stock, rice wine, soy sauce, vinegar, sugar and white pepper in a small bowl. Dissolve the cornstarch in ⅓ cup cold water in another small bowl. Set the bowls aside. Return the wok with the oil to high heat and add the scallions, garlic and ginger. Stir-fry until the garlic is fragrant, about 10 seconds. Add the chicken stock mixture, hot bean paste and the cornstarch mixture and bring to a boil, about 10 seconds. Return the chicken to the wok, add the hot chili oil and stir-fry until the chicken is cooked through, about 30 seconds. Pour on top of the spinach and serve immediately.