

No Fry Sweet and Sour chicken

1 lb boneless, skinless chicken, cut into chunks
1 T oil
1 egg, beaten
½ tsp salt
½ C cornstarch

Sauce:

2 T ketchup
2 T shaoxing wine or dry sherry
2 T rice vinegar
2 T shoyu
3 T brown sugar
2 T water
½ T cornstarch

Stir fry:

1/3 C peanut oil or vegetable oil
2 coves garlic, minced
2 tsp minced ginger
½ small onion, chopped
1 bell pepper, chopped

Combine chicken pieces, oil and salt in a big bowl. Mix well and let marinate for 10-20 min.

Mix all the sauce ingredients in a small bowl.

Add the beaten egg to the chicken and stir to mix well. Add cornstarch and stir to coat, with a little cornstarch left unattached.

Heat oil in a heavy duty skillet until hot, until it just starts to smoke. Add chicken all at once and spread out into a single layer. Cook without touching the chicken for 2-3 min or until the bottom turns golden. Flip to brown the other side, 2-3 min. transfer the chicken to a big plate and remove the pan from the stove. Let cool for 2-3 min.

Place the pan back on the stove and turn to medium heat. There should still be 1-2 T oil left in pan. add garlic and ginger and stir a few times to release fragrance. Stir the sauce again to mix in cornstarch and pour into the pan. stir and cook until it thickens, when you can draw a line on the bottom without the sauce running back immediately. Add back the chicken, onion and peppers. Stir to coat chicken with sauce, 30 sec.