

# Fried Chicken with Dried Chilli Sauce 宫保鸡丁

Recipe by Chef Pung Lu Tin 冯淇迅

Serving size as presented at the cooking demo on 22 March 2008 at HDB HUB

## Ingredients :

Chicken Breast	1.5kg
Dried chilli	100g
Spring onion	3 stalk
Ginger Slices	20 pcs
Cashew nut	150g
Garlic Chopped	2 tbsp
Ginger Chopped	1 tbsp



## Marinade :


Egg white	Two
Salt	1 tsp
Sugar	1 tsp
Sesame oil	1 tsp
Pepper powder	A dash
Water	2 tbsp
Corn flour	2 tbsp

## Seasoning :

Stock	100g
Chinese wine	2 tbsp
Soy Sauce	2 tbsp
Dark Sauce	1 tbsp
Black Vinegar	2 tbsp
White Vinegar	1 tbsp
Sugar	2 tbsp
Sesame oil	1 tbsp
Corn flour (mix well)	2 tbsp

## Method :

1. Dice the chicken breast and marinate with the marinade for 20 minutes.
2. Remove the seeds from the dried chilli and cut them into 1 cm strips. Cut spring onion into strips.
3. Deep-fry the cashew nuts until crisp.
4. Scald the diced chicken in oil at medium heat. Take them out and drain oil away.
5. Heat up a little oil and fry the dried chilli over medium heat until brown. Add in chopped garlic, ginger and ginger slices in turn. Add in diced chicken and pour the seasoning in.
6. Shake the wok a few times. Lift the wok away from the fire and put in the cashew nuts.
7. Stir fry the mixture well and serve.



## 宫保鸡丁

### 材料：

鸡胸肉	1.5 公斤
辣椒干	100 克
生葱	3 条
姜片	20 片
腰果	150 克
蒜茸	2 汤匙
姜茸	1 汤匙

### 腌料：

蛋白	2 粒
盐	1 茶匙
糖	1 茶匙
麻油	1 茶匙
胡椒粉	少许
水	2 汤匙
粟粉	2 汤匙

### 调味料：

上汤	100 克
花雕酒	2 汤匙
生抽	2 汤匙
老抽	1 汤匙
黑醋	2 汤匙
白醋	1 汤匙
糖	2 汤匙
麻油	1 汤匙
粟粉	2 汤匙（水拌匀）

### 做法：

1. 鸡肉洗净切成丁，放入腌料腌 20 分钟。
2. 辣椒干去种子，剪约 1 厘米长；葱切 1.5 厘米段；腰果炸脆备用。
3. 烧油慢火将鸡丁炸至 8 分熟，捞起沥干。

热锅下少油，放辣椒干炒至金黄色，加入蒜茸，姜茸略爆香，放入鸡丁及调味料翻炒均匀，加入腰果拌匀即可。