

General Tso's Chicken

For the chicken:

2 pounds (1 kilo) skinless, boneless chicken breasts cut into medium strips

1 teaspoon salt

approximately a cup (120 grams or so) of cornstarch

For the Sauce:

2 tablespoons vegetable oil

2 chopped scallions

1 clove garlic, crushed

1 teaspoon minced ginger

2 teaspoons sweet chili sauce

1-2 strips -without the white pith - orange zest or peel

1/3 cup (113 grams) honey

1 tablespoon rice vinegar

3 tablespoons soy sauce

1 teaspoon salt

2 tablespoons oil

1 teaspoons sesame oil

2 teaspoons cornstarch

1/4 cup (60 grams) water

Place sliced chicken in ziplock bag with cornstarch and salt. Shake well till coated. Place oil in nonstick pan. Sauté 4-5 minutes on both sides till a bit of brown crust forms and chicken is cooked through. Remove chicken to plate. Place additional oil in pan and briefly stir in ginger, scallions and garlic for a minute and add all the remaining ingredients except the cornstarch and water and cook for 2-3 minutes then add mixed cornstarch and water which you mix till dissolved and add to sauce. Bring to the boil, lower heat and simmer for about 2-3 minutes- mixture will bubble. Put chicken into sauce and toss till coated. Serve with rice. Reheats well.