

General Tso's Chinese Chicken – It's What's For Dinner Tonight

When we had our first Chinese restaurant come to our tiny little town back when I was in elementary school, I instantly thought that I wasn't going to like it. I never really understood why I would think that until I was much older... it was because my mom didn't like it. I pretty much believed for most of my childhood that if she didn't like something then I wasn't going to care for it either. By the time I was a teenager though, I was going out to eat with friends, and they always wanted to go to that restaurant.

Finally, one day I gave in and went with them. I asked them what someone who doesn't like Chinese food should get, and they told me that the sweet and sour chicken was one of the menu items that you couldn't go wrong with. They were right! That stuff was amazing. This recipe from Julie's Eats & Treats reminds me a lot of the yummy dish.

After I found this and discovered I could recreate the taste in my own kitchen so many years later, it made me miss home a little bit less, at least for that day anyways.

To Make this Recipe You'll Need the following ingredients:

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.

This is awesome served with fried rice!

Tso's Chinese Chicken Recipe

Ingredients

CORNSTARCH SLURRY:

1 egg beaten

$\frac{1}{4}$ cup soy sauce

$\frac{3}{4}$ cup cornstarch

SAUCE:

$\frac{1}{4}$ cup cornstarch

$\frac{1}{8}$ cup water

$1\frac{1}{2}$ tsp fresh garlic, minced

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup soy sauce

$\frac{1}{8}$ cup white vinegar

$\frac{1}{8}$ cup white wine

2 cups chicken broth

to serve chicken separate from sauce so as to be more crispy,
add $\frac{3}{4}$ C + 2 tbs of water + 2 dashes of soy to sauce mixture

OTHER:

2 lbs chicken breasts – cut into cubes

2 bunches of green onions

5-8 dried chillies

broccoli

Instructions

Place sauce ingredients in a quart jar with a lid and shake to mix. You can make ahead of time and refrigerate until needed, shaking again when you are ready to use it.

Mix cornstarch slurry in a large bowl. PLACE INGREDIENTS IN ORDER GIVEN for slurry, gradually adding cornstarch while mixing. It will look almost like peanut butter.

Add chicken pieces to coat using a fork and allow excess to drip off.

Add chicken to hot oil and fry until crispy in wok. Cook up to 8 pieces at a time.

Drain chicken on paper towel and keep warm in oven. Repeat until all chicken has been fried.

Add oil and add green onions and hot pepper and stir fry for 30 seconds.

Stir sauce mixture in and cook until thick. You will see it begin to bubble and candy. Add chicken and broccoli to sauce and mix together quickly. Cook for just 1-2 minutes and serve over rice.

if you want to keep sauce and chicken separate, do not add chicken to sauce mixture, just broccoli.

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