

Chili Chicken

Ingredients:

1. 1.5 lbs of lean chicken (leg meat) cut into approximately 1"x1" pices.
2. 1 medium onion half chopped and half sliced.
3. Half a cup of light soya
4. 1 table spoon of sesame oil
5. Half a cup of coriander stems
6. Half a cup of coriander leaves
7. 2 tea spoons of sea salt
8. 1 table spoon of cracked black peppers
9. 1 table spoon of corn starch
10. 2 table spoons of dark barbeque sauce
11. Half a cup of cut chilies (long chili for mild curry and small chili for hot curry)
12. 2 cups of water
13. Half a cup of canola oil. (You can use corn oil or vegetable oil instead)
14. 2 green onions chopped small.

Cooking method:

Before starting to cook put salt, cracked peppers, quarter cup of light soya, and sesame oil in the chicken, mix it well and let it sit for about half an hour.

Put canola oil in a wok and heat till it's hot. Put chopped onion in the oil and keep stirring till the onion is evenly brown. At this stage the onion will release burning sweet aroma. Now put the chicken in the wok and blend it well with the onion. Then introduce one cup of water in the mix, stir the chicken well and then cover the wok. This will produce steam in the wok. Let the chicken cook for 3-5 minutes.

Now open the lid and introduce the balance of light soya sauce, dark barbeque sauce, coriander stems and cut chilies into the wok. Take the corn starch and mix it in half a cup of water and put it in the chicken. Stir it well and cook it on high heat for 5 minutes. Stir it well and cover the wok. Let it cook on low medium heat for about 15 minutes.

At this point the chicken is cooked and the water has turned into thick gravy. Now put a portion of the coriander leaves, sliced onion, green onions and blend them with chicken and remove from stove.

Leave some of the sliced onions, coriander leaves and green onion for garnishing at the end for presentation. Eat with rice or noodles and ENJOY!