

Cashew Chicken

Source: Interlochen days, some magazine, can't remember

Ingredients

- 3 Chicken Breasts, Boned
- ¼ lb. Chinese Pea Pods, or 2 pkgs frozen
- ¼ lb. Mushrooms
- 4 Green Onions
- 1 can Bamboo Shoots
- 1 Chicken Stock Base, added to 1 c. water
- ¼ cup Soy Sauce
- 2 tablespoons Cornstarch
- ½ teaspoon Salt And Sugar
- 4 Salad Oil
- 4 ounces Cashew Nuts

Method

Cut chicken, mushrooms, onion. Pour chicken stock into small bowl, add soy sauce, corn starch, sugar, salt. Heat 1 tbsp oil in frying pan, add nuts. Remove after 1 minute.

Add remaining oil to pan. Add chicken - cook quickly turning until it turns opaque. Add peas and mushrooms, pour in stock, cover and cook 2 minutes. Add shoots, stir in mixture, cook until thickened - simmer 1 minute. Mix in green onions. Sprinkle with nuts and serve immediately.