

Chicken with Peanuts, Cabbage and Red Peppers

Source: Can't remember

Ingredients

- 1 Whole Chicken Breast (approx 1 lb)
- 1 tbsp Cornstarch
- 1 tablespoon Rice Wine Or Dry Sherry
- 1 tablespoon Soy Sauce
- ½ teaspoon Salt
- ½ cup Crushed Peanuts, omit salt if using salted nuts
- 3-4 Fresh or Dried Red Peppers (hot)
- ¼ head Round Cabbage
- 2-3 tablespoons Fresh Ginger, finely chopped
- 1 tbsp Garlic, Finely chopped
- 1 tbsp Hot Bean Sauce
- 2-3 Scallions
- 1 tbsp Cornstarch
- 1 tbsp Rice Wine Or Dry Sherry
- 2 tbsps Soy Sauce
- 1½ teaspoons Salt, (Omit If Using Salted peanuts)
- 1 teaspoon Vinegar
- 1 teaspoon Sugar
- 2 teaspoons Sesame Oil
- ⅔ cups Oil

Method

To Prepare

1. Bone the chicken breast and cut into ½ - ¾ inch pieces. Make the marinade by mixing the cornstarch with the wine and soy sauce and then adding the salt. Mix with the chicken and marinate at least 15 minutes.
2. Crush the peanuts with the side of the cleaver. Should be reduced to the size of grains of rice but not powdered.
3. Cut the fresh or dried red peppers in half lengthwise and remove seeds with the tip of a knife. Cut the peppers into slivers. Set aside together with the peanuts.
4. Chop the ginger and garlic finely and the green onion coarsely. Core the cabbage and cut into pieces about 1 inch by 1 inch.
5. Mix the seasonings, first mixing the cornstarch with the wine and vinegar, then adding the other ingredients.

To Cook

1. Heat 6 tbsp of cooking oil in a wok or large frying pan until very hot. Add the cabbage and a pinch of salt and stir-fry very quickly. Remove and drain when the cabbage starts to soften and looks slightly cooked. Arrange the cabbage on both ends of a serving platter leaving a space in the center.
2. Heat 4-5 tbsps of the oil in the wok until very hot. Add the chicken pieces and cook quickly. (If necessary use more oil and drain later, or cook the chicken a few pieces at a time). When the chicken is white, add the ginger, garlic, green onion, peanuts and red peppers. Stir briefly, then add the hot bean sauce. Cook, stirring, for another 10-15 seconds, or until the hot bean sauce is well distributed and you can smell ginger and hot bean sauce. Then stir the SEASONINGS and add them to the wok. Cook for a few more seconds, stirring, then remove the contents of the wok to the center of the serving dish between the piles of fried cabbage. Serve hot.

Notes

I like broccoli, mushrooms and regular red peppers more than cabbage.

I mix veggies and chicken together as the last step.

I use chili pepper or dried Szechwan peppers

Can also use steak or pork strips instead of chicken