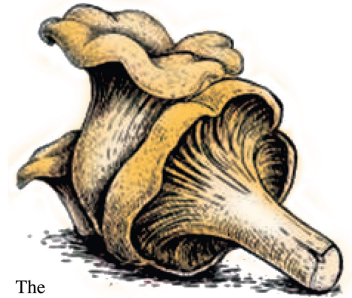


Cashew Chicken

takeout style @ home

This recipe is a quick and easy version of one of my favorite American-Chinese dishes, Cashew Chicken. With a planned ahead marination of the meat this dish can be made in as little as 15 minutes. If you don't have a wok or a gas stove don't worry, a large skillet works just fine set on an electric stove. Just make sure to use your biggest skillet on a high heat burner.



The
Carriage House
Cooking School

1 lb. chicken thigh meat, boneless, skinless, cut in 2- inch strips or 1 inch cubes
1 tbsp. cornstarch
1 tbsp. soy sauce
1 tbsp. peanut oil
1 tbsp. sesame oil
¼ cup cashews
1 cup broccoli, chopped into 1" pieces
1 cup carrots, chopped into 1" pieces
1 cup onions, chopped into 1" pieces
1 cup celery, chopped into 1" pieces
1 cup snow peas
¼ cup chives, sliced
1 tbsp. soy sauce
¼ cup chicken stock

1. In a large zipper plastic bag or bowl combine the chicken meat, 1 tablespoon of the soy sauce and 1 tablespoon of cornstarch. Mix well to combine and allow to marinate at least 4 hours, preferably meat over night.
2. Add the peanut oil and the sesame oil to a large skillet set over medium high heat. When the oil shimmers add the cashews and cook until golden brown or just beyond. This will bring out much of the flavor in the cashews. Remove only the cashews from the pan, leaving behind the flavored oil. Place the cashews on a paper towel to absorb any excess oils.
3. While the pan heats back up again remove the meat from the container and coat with an additional 1 tablespoon of cornstarch. To the cashew pan add half of the the chicken meat. Cook each side until it is golden brown, but not quite cooked all the way through. Remove the first batch of chicken meat to a platter and repeat with the second half of the chicken meat.
4. When the chicken is done its first cooking turn the eat to high and add the vegetables. Toss the vegetables in the pan to coat each piece with the remaining oil. Cook until the vegetables brown slightly or the broccoli starts to smell nutty.
5. Return the chicken meat to the pan and toss well to mix it in with the vegetables. Add the remaining soy sauce and the chicken stock. Reduce until the sauce is slightly thickened and the chicken is cooked through.
6. Add in the chives and serve.