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### Almond Chicken

Serves:

#### Ingredients:

1 med green pepper, sliced  
1 lb Chicken; boned, skinned

———— MARINADE ————

1/4 ts Salt  
1/8 ts Pepper  
1 ts Cornstarch  
1 tb Soysauce  
1 Egg white

———— STIR ————

1 c Vegetable oil  
5 Slices ginger root, fresh  
3 Green onions; chopped  
into 1-inch pieces

1/2 c Bamboo shoots; diced

———— SEASONING SAUCE ————

1 tb Rice or white vinegar  
1 tb Rice wine or dry sherry  
1/2 ts Salt  
1 ts Sugar  
1/2 ts Cornstarch  
1/3 c Almonds; crisped

#### Instructions:

Dice chicken into 1-inch cubes.  
Combine marinade ingredients in a medium bowl.  
Add diced chicken; mix well.  
Let stand 30 minutes.  
Heat oil in a wok over high heat 30 seconds.  
Add chicken to oil.  
Stir-fry 30 seconds until very lightly browned.  
Remove chicken with a slotted spoon; drain well and set aside.  
Remove oil from wok except 2 tablespoons.  
Reheat oil over medium heat 30 seconds.  
Stir-fry ginger slices 30 seconds, remove and discard.  
Add green onion, green pepper and bamboo shoots to oil.  
Stir-fry 1-2 minutes until vegetables are crisp-tender.  
Combine ingredients for seasoning sauce in a small bowl; mix well and add to wok.

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**Bring to a boil.**

**Add chicken to boiling sauce.**

**Stir-fry until chicken is coated with sauce.**

**Add almonds; mix well and serve hot.**

**Variation: Cashew chicken; Substitute crisp cashews for the almonds.**

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