

labbie1

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Almond Chicken

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Another example of nuts making a stir fry more interesting.

Ingredients

2 chicken breasts
3 tablespoons cooking oil
4 water chestnuts
1 cup celery, chopped
1 cup mushrooms, fresh
1/2 cup onion, chopped
3/4 cup almonds, slivered
2 tablespoons white wine
3 tablespoons soya sauce
1 toe garlic, minced
1 tablespoon corn starch

Remove skin and bones from chicken. Cut into bite sized pieces. Sprinkle with wine and set aside. Prepare the vegetables: slice or quarter the mushrooms, chop the celery and onions, and slice the water chestnuts, and put them all in a bowl together.

Heat large skillet or wok. Add 1 tablespoon oil. Brown almonds for 2 minutes, stirring constantly. Remove from pan. Heat 1 tablespoon oil. Brown the garlic slightly. Add chicken. Cook, stirring, for 1 to 2 minutes, until chicken is cooked. Set chicken aside. Add 1 tablespoon oil to pan. Add vegetables. Stir fry 3 minutes. Sprinkle with soya sauce. Stir in chicken and vegetables. Mix cornstarch with 1/2 cup water and add as much as desired to make a sauce. Cook until sauce is thick. Serve with rice or noodles.

NOTE:

Feel free to add whatever vegetables you like. My stir fry recipes are never the same twice!

-- Rox