

Velvet Chicken



Ingredients

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| 1 Chicken breast, wash, trim and pureed (hand chop or use food processor) | 6 slices fresh ginger |
| 4 large egg whites | 1/3 cup of chopped scallion white |
| 1 tablespoon cooking wine | 1/3 cup wood ear (soaked, clean and blanched) |
| 1 teaspoon cooking wine | 1 medium carrot, sliced |
| 1 1/2 tablespoon salt | 1/3 cup snow peas or green peas |
| 1/2 teaspoon sugar | 6 fresh shitake mushrooms (optional) |
| 1 teaspoon white pepper powder | 2 tablespoons Corn starch |

Preparation

1. Add the egg white 1 at a time in pureed chicken, mix until it is combined. Add cooking wine, salt and white pepper, mix well.
2. Mix 1 tablespoon of corn starch with 2 tablespoons of water, add the mixture into chicken, mix until it is fully combined.
3. Fill a large pot with water (halfway), add 1 tablespoon of salt, 2 tablespoon of concentrated chicken broth, let the broth heating up.
4. Spoon in thin layers chicken mixture into the water/broth when small bubbles start forming.
5. Remove the chicken from the broth after it float to the top. Set aside. (save 1 cup of the broth for later)
6. Add the oil to a large wok, add in the ginger and scallion white. Cook until fragrant, remove the ginger and scallion white, keep the oil.
7. Add in the wood ears, mushrooms and carrots, stir fry for 1 minute, splash in the remaining cooking wine and cook for 1 more minute.
8. Add the brother, season with salt and sugar.
9. Mix the remaining corn starch with water and pour into the wok to thicken the broth, add in chicken and snow peas, mix well.
10. Serve hot.



Healthy Recipe Contributed by

Chef Barry Infuso is a certified executive chef and member of the American Academy of Chefs, honor society. In addition chef Barry is Director of Slow Food of Southern Arizona & president of the Chef's Association of Southern Arizona.