

## **NOT your Shabbat Chicken Recipes**

### **Lemon Chicken** (from tasteasianfood.com)

#### **Ingredients A**

1 lb. chicken breast, cut into bite-size pieces  
Vegetable oil, for deep-frying  
Lettuce, to garnish  
White sesame seeds, to garnish

#### **Ingredients B (Marinade):**

3/4 tsp salt  
1/2 egg white  
1/2 tsp white pepper  
3/4 teaspoon sugar  
2 tsp Shaoxing wine (or mirin)  
1.5 tbsp light soy sauce  
1 tbsp corn starch

#### **Ingredients C (Coating flour mix)**

3/4 cup corn starch  
3/4 cup plain flour  
1 tsp baking powder  
1/2 tsp salt

#### **Ingredients D (Lemon Sauce):**

4 tbsp honey  
5 tsp sugar  
4/5 cup water (scant 7 oz.)  
Lemon zest, from 2 lemons  
2 tsp corn starch  
3 tbsp lemon juice

### **Instructions**

#### **Marinate the chicken**

1. Cut the chicken breast into boneless bite-size pieces
2. Add salt, egg white, white pepper, sugar, Shaoxing wine, light soy sauce, and cornstarch. Mix well.
3. Marinate for at least 2 hours or overnight in the refrigerator.

#### **Coating the chicken for deep frying**

1. Combine corn starch, plain flour, baking powder and salt as flour mix
2. Add the flour mix to the chicken pieces. Add more if it is insufficient to cover all the chicken. Any excess flour will fall off from the chicken.
3. Shake off the excess flour. Deep fry in hot oil at 180°C/350°F for four minutes or when the color turns golden brown.
4. Remove the chicken from the oil. Drain the oil on a kitchen towel and set aside.

### **Making the lemon sauce – if serving over rice, double sauce ingredients**

1. Place the sugar, cornstarch and water in a small pot or saucepan. Remove it when the sugar is dissolved, the sauce thickens and turns translucent.
2. Set aside until it returns to room temperature.
3. Add the honey, lemon juice, lemon zest to the cornstarch mixture that has cool down to room temperature. Mix well.
4. Place the chicken on a large piece of lettuce.
5. Drizzle the sauce on the chicken. Garnish with roasted white sesame and cut scallion.

### **YIELD:**

3 servings



## **Cantonese Style Chicken in Black Bean “Lobster Sauce”**

### **INGREDIENTS**

1 egg white  
2 teaspoons plus 1 tablespoon cornstarch  
1 ½ tsp, salt (divided)  
3 tsp. Asian sesame oil (divided)  
¾ teaspoon freshly ground white pepper (divided)  
1 ½ tablespoons Chinese black bean garlic paste  
1 pound chicken breast sliced on a bias  
1 ½ tablespoons minced fresh ginger  
2 teaspoons finely chopped garlic  
1 ½ tablespoons rice wine or dry sherry  
1 tablespoon light soy sauce  
2 teaspoons dark soy sauce  
2 teaspoons sugar  
½ cup low-salt chicken broth  
1 ½ tablespoons peanut oil or other vegetable oil  
½ cup snow peas cut on a bias  
½ cup peas  
1 egg, beaten  
2 tablespoons finely chopped scallions

### **DIRECTIONS:**

1. Combine the egg white, 2 teaspoons cornstarch, 1 teaspoon of the salt, 1 teaspoon of the sesame oil, 1/2 teaspoon of the white pepper and the black bean paste in a bowl. Slice the chicken breasts on a bias and add to the bowl and mix to coat. Refrigerate for 20 minutes.
2. Dissolve the remaining cornstarch in 2 tablespoons cold water to create a slurry and set aside. Combine the ginger & garlic. In another dish, combine the wine, soy sauces, sugar, broth and the remaining salt, sesame oil and white pepper.

3. Place a wok or skillet over medium high heat. When it is hot, add the peanut (vegetable) oil, and when hot, add the sliced chicken and cook until cooked through. Remove the cooked chicken from pan and add in the ginger mixture, and stir-fry for 30 seconds. Add the wine mixture, and bring to a simmer. Add in the snow peas and peas and cook for 2 minutes. Stir in the dissolved cornstarch, then fold in the cooked chicken, cooking everything for about 1 minute. Slowly pour in the beaten egg in a thin stream. When it starts to set, transfer the food to a warm serving dish.
4. Garnish with scallions, and serve with cooked white rice.

