



## General Tao Chicken

Preparation time: 30 minutes

Cooking time: 20 minutes

### Ingredients :

- 2 Diced Chicken Breasts
- 30ml Corn Starch
- 2 Eggs
- 45ml Flour
- 2ml Baking Powder
- 1 Salt Pinch
- 90ml Canola Oil

**Garniture:** finely chopped green onions

**Note:** It is really important to prepare all the ingredients before to start cooking.

### Sauce:

- 10ml Sesame Oil
- 2 Fresh Grated Ginger Nut
- 5ml Grated Chili Pimento
- 60ml Water
- 30ml Rice Vinegar
- 2 Finely Chopped Garlic Cloves
- 30ml Honey
- 30ml Sugar
- 15ml Tamari Sauce
- 30ml Oyster Sauce
- 30ml Chili Sauce

### Preparation :

Coat the diced chicken with the corn starch. Put eggs, flour, baking powder, salt and garlic and whip it in a bowl. Add the diced chicken breast to the mix. Heat up the wok with 60ml oil. Add the diced chicken breast in 3 steps. Cook the chicken during 3 minutes and keep on stirring them in the *Chirurgical Stainless Steel* wok. Let them get crispy and put aside. Continue step by step to cook the chicken and add a little bit of oil.

### Sauce:

Take off the *Chirurgical Stainless Steel* wok from stove. Add sesame oil, ginger, chili and put on the stove at medium. Let cook a few minutes. Add water, rice vinegar, garlic, honey and sugar. Keep cooking a few minutes. Add tamari sauce, oyster sauce, chili sauce and mix well. Add the chicken and let cook 2 to 3 minutes (keep stirring) and serve.

### Presentation:

Serve on rice