

Harlan County High School

Bear Den Chefs

Bears Chicken Stir-Fry

Ingredients:

3 lbs.	Boneless Skinless Chicken Breast
½ cup	Low Sodium Soy sauce
2 Tbsp	Corn Starch
3 Tbsp	Garlic Powder
1 Tbsp	Onion Powder
1 tsp	White Pepper
4 cup	No Salt Chicken Stock
1 lb.	Chow Mein Noodles
2 cups	Fresh Broccoli
2 cups	Fresh Carrots
1 cup	Onion
2 cups	Green Bell Pepper
2 cups	Red Bell Pepper
2 cups	Yellow Bell Pepper

Directions:

1. Lightly oil all 3 woks with sesame seed oil. Bring to med/high heat.
2. Wash and julienne peppers, carrots, and onion. Cover and place to the side.
3. Wash and chop broccoli into small florets. Cover and place to the side.
4. Sauté carrots and peppers in a wok for 4 minutes, add onion to carrots and peppers, cook for 1 more minute Add broccoli, cook for 2 more minutes then reduce to low heat
5. Slice chicken into strips, sit in refrigerator
6. Bring Chicken stock to a boil
7. In a small bowl add cornstarch, white pepper, onion powder and garlic powder to soy sauce and mix. Set aside.
8. Slowly stir in cornstarch mixture. Return to a low simmer.
9. Cook for 3 to 5 minutes, or until thickened. Remove from heat.
10. Sauté chicken for 5 minutes or until in temp reaches 165.
11. Add soy sauce mixture to Chicken and sauté until well blended.

For Noodles

12. In a Medium Stock pot bring water to a boil.
13. Add Chow Mein noodles to pot of boiling water
14. Boil for 1 Minutes
15. Drain noodles
16. Add noodles to wok, stir fry for 2 minutes

Plating

17. When Plating meal layer 3 oz noodles, 4 oz veg, and 2 oz meat