

Main Dishes

Poultry

Moo Goo Gai Pan

Stir-frying is very easy and as the name implies you stir and fry on high heat.

I do all my stir-fry recipes in the same order. First meat and then the vegetables. I find the essence from the meat melts into the vegetables and the water from the vegetables removes the sediment from the pan.

1 cup chicken broth

1 Tb. soy sauce

1 Tb. oil

3 whole chicken breasts,
skinless, boneless & cut into strips

1/4 tsp. gingerroot, graded (optional)

1/4 lb. pea pods, cleaned and halved

2 cups celery, sliced

1 cup mushrooms, sliced

6 green onions, sliced with tops

1 can (8 oz.) whole water chestnuts, sliced

1 Tb. cornstarch mixed with 2 Tb. Water



Combine chicken broth and soy sauce; set aside.

In wok heat oil and add chicken. Stir-fry until chicken turns white.

Add gingerroot, stir-fry 1 minute more. Remove chicken and gingerroot from Wok.

To same wok, add pea pods, celery, mushrooms, green onions and water chestnuts.

Stir-fry 3 to 4 minutes.

Add broth mixture and chicken with gingerroot.

Cover and cook, 5 minutes.

Add cornstarch; bring to a boil.

Serve with rice.

Yield: 4 to 6 servings.

Note: Adding small amounts of water to wok will help keep food from burning.