

CHICKEN ALMOND DING

Shannon

comments

I love chicken almond ding. I searched for years for a really good recipe, experimented with it, and this is it! The hardest part about this recipe is getting all the ingredients cut up. Once that's done, the rest is a snap.

notes

Freezing chicken for about 20 minutes makes cutting it up a lot easier. I prefer to have the butcher do the preparation of removing bones, skin, and cutting it up. Serve with rice. (Cook rice ahead of time if you wish, and reheat in microwave just before serving.)
You can either use a wok or a very heavy skillet. 4 servings.

Ingredients

prepare in advance

Remove bones and skin, then cut into half-inch pieces

About 2 lbs. chicken, white or dark

Dice

1/4 C onion
1/2 C water chestnuts
1/2 C bamboo shoots
1/2 C celery
2 T green onions with tops

Chop finely

2 tsp. garlic
1-1/2 tsp. ginger root

Cut into half-inch pieces; boil for 4 minutes; drain and ice

2 medium carrots

Mix, then pour over chicken, to marinate for 30 minutes

1 egg white
1 tsp. salt
1 tsp. cornstarch
1 tsp. soy sauce
dash white pepper

Mix together

2 T oyster sauce, OR 1 T dark soy sauce
1 T plus 1 tsp. cornstarch
1/4 tsp. water

Measure

4 oz. button mushrooms, drained
1/2 C chicken broth
1 C frozen peas (don't thaw)
1/2 C whole, blanched almonds

complete recipe

Heat 1 inch vegetable oil in wok (or cover a skillet bottom with oil), until 325 degrees. Add chicken and fry until pieces turn white, stirring to separate. Remove chicken; drain on paper towels. Wash and thoroughly dry wok. Heat wok until very hot; add 2 T vegetable oil, coating sides. Add the almonds and stir fry 1 minute or until golden brown; remove and drain. Add onion, garlic, ginger root; stir fry until garlic is golden brown. Add celery, water chestnuts, 1 tsp. salt; stir fry 1 minute. Add bamboo shoots and drained mushrooms; stir fry 1 minute. Stir in carrots, chicken and chicken broth; heat to boiling; cover and cook 2 minutes. Stir in cornstarch mixture; cook and stir 20 seconds until thickened. Stir in frozen peas; garnish with almonds and green onions.