

HOW TO VELVET CHICKEN

(Or Beef, Pork or Shrimp)



Ingredients:

3	Tablespoons	Water
2	Tablespoon	Soy Sauce
1	Tablespoon	Oyster Sauce
2	Teaspoons	Sesame Oil (or Vegetable Oil)
3	Tablespoons	Corn Starch
2	Pounds	Chicken Tenders (or Breast or Thighs)

Directions:

1. In a medium sized bowl, whisk together the water, soy sauce and oyster sauce. If you aren't using oyster sauce, use 3 tablespoons of soy sauce.
2. Add the chicken which has been cut into bite-sized pieces, mix well and let marinate for 10 minutes.
3. Add the sesame oil and corn starch and mix again, until chicken is uniformly coated. Let marinate for another 20 minutes.
4. Add the chicken to a pot of boiling water and blanch until the chicken turns opaque (about 1½ – 2 minutes). Remove from water and drain on paper towels.