

Chicken Stir Fry

Make Sauce and Prep Veggies

Stir Fry Sauce

Option A: Sweet & Sour Sauce

1/2 cup water	1/2 cup ketchup
1/4 cup vinegar	1 Tbsp cornstarch
1/2 cup brown sugar	

1. Combine all ingredients in a medium saucepan and whisk together.
2. Bring mixture to a boil over medium-high heat, reduce heat and simmer until sauce is thickened.
3. Allow to cool slightly before placing into labelled container to be refrigerated until next class.

Option B: Teriyaki Sauce

(Recipe adapted from <https://www.food.com/recipe/restaurant-teriyaki-sauce-133751>)

1/4 cup soy sauce	1 Tbsp honey
3/4 cup water	2 Tbsp mirin
1/2 tsp ground ginger	1 heaping Tbsp cornstarch
1/4 tsp garlic powder	1/4 cup cold water
3 Tbsp brown sugar	

1. Mix cornstarch and water in a custard bowl with a fork until smooth.
2. Mix remaining ingredients in a saucepan and whisk together.
3. Bring mixture to a boil over medium-high heat and add cornstarch/water mixture – stir well!
Reduce heat and simmer until sauce is thickened.
4. Allow to cool slightly before placing into labelled container to be refrigerated until next class.

Veggie Prep:

- 1/2 small onion, diced
- 1 clove garlic, peeled and minced
- 1 head broccoli – washed and cut to bite-sized pieces
- 1 carrot – washed, peeled, thinly sliced on angle
- 1 stalk celery – washed and sliced
- 1/2 red pepper – diced

Cook Components (Rice, Veggies, Chicken)

Cook Rice:

1. Add 1 cup long grain rice and 2 cups cold water to rice cooker.
2. Plug in rice cooker, cover with lid and push down lever to cook rice. DO NOT LIFT LID UNTIL RICE IS DONE COOKING.

Prep Chicken:

1. Use food prep gloves for this job.
On a clean cutting board, cut chicken into cubes.
Remove gloves and wash hands.
2. Heat a frying pan on medium high heat with 1/2 Tbsp oil. Cook chicken until browned and no longer pink (about 6-7 minutes, internal temp of 74°C).
**Switch your wooden spoon to a clean one when the chicken is no longer pink on the outside.
3. Set chicken aside on a plate.

Make Stir Fry:

1. With frying pan (same one used for chicken) on medium high heat, add 1 Tbsp (15 mL) oil. Stir fry onions and garlic until soft, about 1-2 minutes.
2. Add carrots and broccoli and stir fry for 1 minute.
3. Add 1/4 cup (60 mL) water; cover (we'll use another frying pan upside down to cover) and steam until carrots are tender-crisp, about 3-4 minutes (check with a fork).
4. Add red pepper and celery and continue to stir fry for 1 minute more.
5. Return chicken to the pan.
6. Add sauce and cook over medium low heat until sauce heated through. Spread rice on plate and top with stir fry mixture.
7. **SANITIZING STEP** – wash anything that touched raw chicken **LAST** then sanitize in a bleach solution.