

PLAIN & Fancy COOKING



Ginger Chicken with Vegetables on Noodle Cake

*From Cornelia Walmsley,
Certified Culinary Educator*

Ingredients:

1/2 green or red pepper, sliced
1/2 onion, sliced
3-4 mushrooms, sliced
1 boneless chicken breast
2-3 pieces of ginger root, peeled
2 garlic cloves, peeled, slightly
 smashed
drinking sherry, light soy oil,
 peanut oil
1 T. cornstarch
1 T. chicken broth

1 lb. pkg. oriental noodles (or substitute angel hair pasta or linguine)

To Prepare: A few days in advance, placed peeled ginger roots in a jar of drinking sherry to make ginger sherry. Cover and refrigerate. To make the stir fry, slice chicken into strips, marinate in refrigerator for 1/2 hr. to 1 hr. with a few T. of ginger sherry and soy, turning pieces over several times.

(over)

To soften noodles, drop in bowl of hot water, drain. Fry noodles in 3-4 T. hot peanut oil in wok. Cook til brown on both sides. Will look like smooth pancake. Remove noodles to serving plate, cover with foil. Add 1 - 2 T. peanut oil; while oil heats up, add garlic for flavor. Remove garlic. Add veggies and stir fry. Push to the edges of the wok. Add chicken to center of wok. Chicken is done when color turns opaque. Add small amount of broth. Mix all ingredients together in wok. Thicken with cornstarch paste (equal amounts water and cornstarch). Place the chicken and veggies on top of noodles and serve.

♥**Healthful Hint:** This recipe can also be made with shrimp or pork or can be meatless. Simply use a variety of sliced veggies: broccoli, carrots (blanched first), pea pods, sugar snap peas, zucchini or summer squash, cucumber, celery, bamboo shoots, water chestnuts.

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