

CHINESE WALNUT CHICKEN

Meals With a Foreign Flair

comments

The flavor of toasted walnuts makes this something special.

notes

Feel free to use white or dark meat.
Good served with rice.
4-6 servings.

Ingredients

prepare in advance

Coarsely break up

1 C walnuts

Cut into thin strips

2 raw, boned chicken breasts

Slice

1 C onion
1-1/2 C bias-cut celery slices
5 oz. can water chestnuts, drained

Measure

1/4 C salad oil
1/2 C chicken broth
1/2 tsp. salt

Measure and combine

1 tsp. sugar
1 T cornstarch
1/4 C soy sauce
2 T cooking sherry
3/4 C chicken broth

Drain

5 oz. can bamboo shoots

complete recipe

In a skillet toast the walnuts in heated oil; stir constantly. When brown, remove to paper towels.

Put chicken strips with 1/2 tsp. salt in same skillet.

Cook 5-10 minutes, stirring frequently, until tender.

Remove chicken.

Add chicken broth and the onions and celery to the skillet and cook uncovered 5 minutes until slightly tender.

Pour the combined sugar, soy sauce, etc. over the vegetables.

Cook and stir until sauce thickens.

Add back the chicken along with the bamboo shoots, water chestnuts and walnuts.

Heat through.