

SZECHUAN CHICKEN

Serves 6 to 8.

By Dennis W. Viau; modified from a Gordon Ramsay recipe.

I trust Gordon Ramsay cookbooks. The recipes work without needing corrections. This chicken recipe is made with thighs. Although his recipe says it feeds four (he must have used small thighs), I changed it to “Serves 6 to 8” because the chicken pieces I purchased locally were very large.



Ingredients:

For the Chicken:

8 skinless, boneless chicken thighs (or 4 chicken breasts)
Oil for frying, such as corn oil or peanut oil
3 garlic cloves, peeled and sliced or minced
4cm (1½ inch) piece of fresh root ginger, peeled and grated
¼ teaspoon freshly ground (coarsely) black pepper
Zest of ½ orange

For the Marinade:

4 tablespoons soy sauce
2 tablespoons rice wine
1 red chili pepper, deseeded and finely chopped
1 tablespoon rice vinegar
Salt and freshly ground black pepper

Directions:

Cut each chicken thigh into three or more pieces, depending on how you plan to serve them. Mix together the marinade ingredients. Place in a ziplock bag with the chicken and allow to marinade 30 minutes, turning the bag over after 15 minutes to flavor the chicken evenly.

Heat a heavy-based frying pan, such as a cast iron skillet, over medium-high heat. Add tablespoon or two of oil and fry the garlic and ginger less than a minute. Add the orange zest and stir over the heat for 30 seconds.

Add the chicken pieces and the marinade. (You might need to cook the chicken in batches.) Reduce the heat to medium low. Cover the pan and cook the chicken for 15 minutes. Turn and cook another 10 minutes, uncovered, to reduce the juices to a sauce.

I prefer this chicken served over steamed rice. You can serve it with cooked snow peas or other green vegetables.