

Chicken and Asparagus Stir Fry

*from **In Our Grandmothers' Kitchens***

Ingredients:

for the marinade:

4 teaspoons low-sodium soy sauce
4 teaspoons dry sherry
2 teaspoons cornstarch
1 tablespoon canola or peanut oil

for the sauce:

6 tablespoons low-sodium soy sauce
2 tablespoons dry sherry
2 tablespoons rice vinegar
2 teaspoons sugar
1 teaspoon cornstarch paste (1 teaspoon cornstarch dissolved in a little water)

for the stir fry:

canola or peanut oil as needed for frying
2 boned, skinned chicken breasts, chopped into bite-sized pieces
crushed red pepper to taste (I used about 3/4 teaspoon)
1 large or 2 small green onions (mostly white part), finely chopped
2 garlic cloves, finely chopped
1/2 cup asparagus, chopped into bite-sized pieces and parboiled for 2 minutes
1 large carrot, cut into bite-sized pieces and parboiled for 2 minutes
a splash of sesame oil

Instructions:

Combine the marinade ingredients in a medium bowl. Combine the sauce ingredients in a small bowl. Add the chicken pieces to the marinade. Let them marinate for 15 minutes.

In a wok or heavy frying pan heat enough oil to lightly cover the bottom of the pan. When it the oil is hot drain the chicken (reserving the marinade) and lightly brown the pieces, stirring. Toss in the red pepper and stir briefly.

Remove the chicken from the pan or move it to the sides. Quickly add and stir fry the onion and garlic pieces for a minute or two; then add the remaining vegetables. Stir fry for 1 to 2 more minutes. Return the chicken to the pot, add the sauce and the reserved marinade, and cook until the sauce thickens slightly and has coated all of the food. (This shouldn't take more than a couple of minutes.)

Remove the pan from the heat and toss in the sesame oil. Serve over rice.

Serves 4.