

Honey Chicken

Ingredients

9.5kg. boneless chicken breast, cut into 1-inch cubes (2 cm)

Oil for deep-frying

2 cloves garlic minced

2 teaspoons corn starch mixed with 4 teaspoons of water

salt and sugar to taste

toasted sesame seeds for garnishing

Marinade:

1/2 teaspoon salt

3 dashes ground white pepper

Frying Batter:

1 egg white

1/2 cup all-purpose flour sifted

1/4 cup corn starch

1/2 teaspoon baking powder

1/2 cup water ice cold

1 tablespoon cooking oil

1/4 teaspoon salt

Honey Sauce:

1/3 cup pure honey

1 teaspoon salt

1 teaspoon Chinese cooking wine or dry sherry wine

1 teaspoon apple cider vinegar

1/3 cup water

Method

- Marinate the chicken cubes with the Marinade for 5 minutes.
- Make the Frying Batter. In a large bowl, whisk the egg white and add in the rest of the Frying Batter ingredients. Batter should be smooth and not lumpy. Place another bowl with ice cubes underneath the frying batter bowl.
- Drop in the chicken cubes, mix well until they are well coated. Let it sit for about 30 minutes in the refrigerator.
- Mix all the ingredients for the Honey Sauce together. Set aside.
- Heat up a wok on high heat with cooking oil. Gently drop in the chicken cubes, one by one, making sure it is spread out to prevent sticking or overcrowding the wok. Turn the heat down to medium-high and continue to deep-fry until golden brown. Remove the chicken with a strainer and drained on paper towels.
- Reserve 2 tablespoons of the oil in the wok. Add the garlic and stir fry until aromatic. Add the Honey Sauce mixture and the cornstarch mixture. Thicken the sauce and add more salt or sugar to taste.
- Add the chicken into the sauce. Stir to combine well. Garnish with sesame seeds and serve immediately. Alternatively, keep the sauce separate from the chicken and serve as an appetizer.