Bates General Tso’s Chicken

Serves 12

2 lbs. boneless breaded chicken wings

1 T. vegetable oil (more if deep frying boneless wings in a pan – see below)

½ tsp. chopped garlic

½ tsp. ginger puree

1 T + 3 tsp. chablis

¾ tsp. vegetable base

¾ C. water

1 T. + 2 tsp. soy sauce

1 T + 3 tsp. white vinegar

¼ C + 2 T. granulated sugar

1 T. + 3 tsp. light corn syrup

1 T. + 2 tsp. teriyaki sauce

¼ tsp. crushed red pepper

1 T + 3 tsp. cornstarch

3 tsp. water

1 C. fresh broccoli florets, blanched in boiling water

¼ C. fresh carrots, matchstick cut and blanched in boiling water.

1. At Bates we use a deep fryer to cook the chicken for this dish. At home there are several methods from which to choose to cook your chicken. You could use a counter top deep fat fryer, an air fryer or a pan with enough vegetable oil in which to fry the chicken. Alternatively, there are several breaded products available that can just be cooked on a sheet pan in the oven. Whichever method you use is fine. Just make sure the chicken is thoroughly cooked to an internal temperature of 165 degrees.
2. While the chicken is cooking, blanche broccoli and carrots by briefly dipping them in boiling water. Set aside.
3. In a sauce pan over medium heat, add a tablespoon of vegetable oil. When it is hot, stir fry ginger and garlic for 1 minute. Add wine and cook off alcohol.
4. Combine vegetable base with the first measure of water to make stock.
5. Add stock, soy sauce, vinegar, sugar, corn syrup, teriyaki sauce and crushed red pepper. Bring to a boil.
6. Mix the cornstarch with the second measure of water to make a creamy slurry.
7. Pour the slurry slowly into the boiling sauce, stirring constantly until it thickens.
8. Check sauce for seasoning.
9. Ladle sauce over chicken and toss to coat. Garnish with matchstick carrots and blanched broccoli.