

宫爆鸡丁 Gong Bao Chicken (Kung Pao Chicken)

宋一红 制作

宫爆鸡丁也叫宫保鸡丁，是中华传统名菜，在鲁菜、川菜、贵州菜中都有收录。四川总督丁宝桢改良发扬，并流传至今。此道菜也被归纳为北京宫廷菜，之后宫保鸡丁也流传到国外。

食材

鸡胸肉 1 块，胡萝卜半根，黄瓜半根，花生米适量，葱一根，姜 1 片，蒜 3 瓣，干红辣椒，花椒适量。

腌料

盐少许，老抽少许，料酒 1 汤匙，鸡蛋清少许，淀粉少许，植物油适量。

调味汁

两勺生抽，一勺料酒，一点豆瓣酱，一茶勺醋，一茶勺糖，一茶勺淀粉，适量香油，适量清水调匀。

做法步骤

1. 鸡胸肉切小丁，加腌料拌匀，腌制一会儿。
2. 黄瓜，胡萝卜切小丁备用。
3. 姜，蒜切沫，干红辣椒切段。
4. 锅中放入适量植物油，炸花生米，炸熟盛出待用。
5. 锅中放入适量植物油，炸花椒，炸香后去除花椒。
6. 爆香姜，蒜，辣椒，放入鸡丁炒至变色。
7. 先放胡萝卜丁翻炒片刻，再放入黄瓜丁，炸好的花生米翻炒。
8. 放入调味汁大火烧开，翻炒均匀，关火出锅。

宮爆雞丁 Gong Bao Chicken (Kung Pao Chicken)

宋一紅 製作

宮爆雞丁也叫宮保雞丁，是中華傳統名菜，在魯菜、川菜、貴州菜中都有收錄。四川總督丁寶楨改良發揚，並流傳至今。此道菜也被歸納為北京宮廷菜，之后宮保雞丁也流傳到國外。

食材

雞胸肉 1 塊，胡蘿蔔半根，黃瓜半根，花生米適量，蔥一根，姜 1 片，蒜 3 瓣，干紅辣椒，花椒適量。

醃料

鹽少許，老抽少許，料酒 1 湯匙，雞蛋清少許，澱粉少許，植物油適量。

調味汁

兩勺生抽，一勺料酒，一點豆瓣醬，一茶勺醋，一茶勺糖，一茶勺澱粉，適量香油，適量清水調勻。

做法步驟

1. 雞胸肉切小丁，加醃料拌勻，醃製一會兒。
2. 黃瓜，胡蘿蔔切小丁備用。
3. 姜，蒜切沫，干紅辣椒切段。
4. 鍋中放入適量植物油，炸花生米，炸熟盛出待用。
5. 鍋中放入適量植物油，炸花椒，炸香後去除花椒。
6. 爆香姜，蒜，辣椒，放入雞丁炒至變色。
7. 先放胡蘿蔔丁翻炒片刻，再放入黃瓜丁，炸好的花生米翻炒。
8. 放入調味汁大火燒開，翻炒均勻，關火出鍋。

Gong Bao Chicken (Kung Pao Chicken)

By Yihong Song

Gong Bao Chicken is a spicy, stir-fried Chinese dish made with cubes of chicken, peanuts, vegetables and chili peppers. The classic dish in Sichuan cuisine originated in the Sichuan Province of China. The dish is believed to be named after Ding Baozhen, a late Qing Dynasty official and governor of Sichuan Province. This dish was also classified as a Beijing court dish, and later was also spread abroad. Gong Bao Chicken is also a staple of Westernized Chinese cuisine.

Ingredients

Chicken breast, carrot, cucumber, peanuts, scallion, ginger, garlic, dried red chilli, Sichuan peppercorn.

Marinade

- A pinch of salt,
- 1 teaspoon of dark soy sauce
- 1 tablespoon of Chinese cooking wine,
- ½ egg white,
- 1 teaspoon of starch,
- 1 teaspoon of vegetable oil.

Seasoning

- 2 tablespoons of light soy sauce,
- 1 tablespoon of Chinese cooking wine,
- 1 teaspoon of bean paste,
- 1 teaspoon of vinegar,
- 1 teaspoon of sugar,
- 1 teaspoon of potato starch, dissolved in water,
- ½ teaspoon of sesame oil.

Instructions

1. Cut chicken breast into small cubes, add marinade, mix well, and marinate for a while.
2. Cut cucumber and carrot into small cubes.
3. Mince ginger, garlic, and cut dry red chilli into small flakes.
4. Add an appropriate amount of vegetable oil in the wok, fry the peanuts, and remove the fried peanuts for later use.
5. Add an appropriate amount of vegetable oil in the wok, fry the Sichuan pepper, and remove the Sichuan peppercorns after aroma develops.
6. Fast stir-fry the ginger, garlic, and dried red chili, add the chicken cubes and fry until the colour changes.
7. Add the diced carrots and stir fry for a while, then add the diced cucumbers and the fried peanuts, fast stir-fry for a little while.
8. Add the sauce into the wok, heat until boiling, stir and fry evenly.