3 CUPS CHICKEN

Ingridents:

- 2 tbsp sesame oil
- 2 pounds chicken meat (bone-in and skin-on), cut into bite-sized pieces
- 10 cloves garlic, peeled and left whole
- 10 thin slices ginger
- 1/3 cup light soy sauce
- ½ cup rice wine
- 2 tbsp sugar
- 2 cups Thai basil

Directions:

1. Heat sesame oil over med-high heat. Add chicken and sear until crispy. Avoid overcrowding the pan in order to get a good browning.
2. Add garlic and ginger and stir-fry until fragrant. Then add soy sauce and rice wine, reduce heat to med-low and simmer for about 20 minutes. Add some water if the pan gets too dry.
3. Once the liquid has mostly evaporated and the chicken has taken on a darker color from the soy sauce, add the sugar and Thai basil. Stir for a few more minutes and then serve hot with rice.

Adapted from “Appetite for China” (http://appetiteforchina.com/recipes/taiwanese-three-cup-chicken/)

Did you know? 3 Cups Chicken is a tradition Taiwanese dish whose name derives from its three main flavouring ingredients: sesame oil, rice wine, and soy sauce. Traditionally the dish is made with equal quantities of each but in this version the quantities have been adjusted for a more homely dish.

Benefits: Compared with typical Chinese-American chicken dishes, this dish is both healthier and more authentic. Only a small amount of sesame oil is used to brown the chicken, and light soy sauce reduces sodium intake. Also quick and easy to make, this dish overrides Chinese take-out any day!

Cost: The less common ingredients, such as rice wine, Thai basil, and sesame oil, can easily be found in most Asian specialty stores, such as C-Mart in Chinatown or Oriental Market on Mass. Ave, for very low prices. They may be available at higher prices in large supermarkets such as Whole Foods or Shaws as well. Normal basil can replace Thai basil if necessary, but the flavor will be milder.