

Three cup chicken

★★★★☆ 4.7 | 24 ratings



By Ching-He Huang

From Saturday Kitchen

Ching He-Huang's 'three cups' refer to the traditional Taiwanese or Chinese chicken dish that uses three key ingredients - rice wine, soy sauce and sesame oil.

Ingredients

250g/9oz boneless, skinless chicken thighs, sliced into 1-2.5cm/ 1/2-1in cubes

pinch sea salt flakes

pinch ground white pepper

1 tbsp cornflour

1 tbsp rapeseed oil

large knob fresh root ginger, peeled, cut into large slices

Method

1. Put the chicken in a bowl, add the salt and ground white pepper and then dust with the cornflour. Mix well to coat and then set aside.
2. Heat a wok over a high heat until smoking and add the rapeseed oil. Add the ginger, garlic and red chilli and toss for a few seconds to release the flavour.
3. Add the chicken pieces to the pan and leave the chicken for 10 seconds without moving to sear and colour, then flip the thighs over.
4. Pour in the Shaoxing rice wine (or dry sherry) and stir fry for 2-3 minutes on a high heat, or until the chicken is almost cooked.

Prepare

Less than 30 mins

Cook

Less than 10 mins

Serve

Serves 2

Dietary

Dairy-free | Egg-free

2 garlic cloves, crushed,
but left whole

1 red chilli, sliced into
rings

1 tbsp Shaoxing rice wine
(or dry sherry)

50ml/2fl oz low-sodium
light soy sauce

50ml/2fl oz toasted
sesame oil

1 tsp caster sugar

small bunch Taiwanese
nine-story pagoda leaf
basil (or Thai basil)

steamed jasmine rice, to
serve

dollop chilli bean sauce,
to serve

5. Add the light soy sauce, toasted sesame oil and sugar and cook for 5 minutes, or until the liquid has almost evaporated. The chicken should have a dark brown, slightly sticky shine. Add the basil leaves and toss through to wilt, then take off the heat and serve immediately with rice and chilli bean sauce.

Recipe tips

Ching served this with her wok-fried cauliflower on Saturday Kitchen.