



Chef ETL's Chinese Three-Cup Chicken

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 5 minutes

We adapted the traditional "Three cups" recipe for American kitchens by adjusting ingredient proportions, reducing liquid volume, marinating with rich flavors, and skipping browning for a quick, flavorful dish.

CHICKEN MARINADE:

1/3 cup low sodium soy sauce

1/3 cup sherry

1 tablespoon brown sugar, packed

1 1/2 pounds chicken thighs, boneless & skinless, trimmed and cut into 2-inch pieces

COOK IN WOK:

3 tablespoons vegetable oil

1 2-inch-piece ginger root, peeled, halved lengthwise, and sliced into thin half-rounds

12 cloves garlic, peeled and halved lengthwise

3/4 teaspoon red pepper flakes

OFF HEAT:

6 each scallions, white and green parts separated and sliced thin on bias

1 tablespoon water

1 teaspoon cornstarch

1 cup basil, large leaves sliced in half lengthwise (see TIPS)

1 tablespoon sesame oil

Whisk soy sauce, sherry, and sugar together in medium bowl.

Add chicken and toss to coat; set aside.

Heat vegetable oil, ginger, garlic, and pepper flakes in 12-inch non-stick skillet over medium-low heat. Cook, stirring frequently, until garlic is golden brown and beginning to soften, 8 to 10 minutes.

Add chicken and marinade to skillet, increase heat to medium-high, and bring to simmer.

Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally.

Stir in scallion whites and continue to cook until chicken registers about 200 degrees, 8 to 10 minutes longer.

Whisk water and cornstarch together in small bowl, then stir into sauce; simmer until sauce is slightly thickened, about 1 minute.

Remove skillet from heat. Stir in basil, sesame oil, and scallion greens. Transfer to platter and serve.

In an effort to adapt the traditional recipe while still honoring its Asian origins for American home kitchens, we made several adjustments to the original "Three cups" recipe. Originally, it called for equal parts of soy sauce, rice wine, and sesame oil, but we decided to tweak these proportions. We thinly sliced the scallions and ginger and opted to halve the garlic cloves instead of mincing them, aiming to create a harmonious blend of flavors and textures.

To reduce the overall liquid volume and intensify the flavors, we reduced the amount of soy sauce (changing it to low-sodium) and dry sherry to just 1/3 cup each, with dry sherry standing in for rice wine. Additionally, we minimized the use of sesame oil, using only a tablespoon of the toasted variety and adding it at the end of the cooking process. To infuse the chicken with rich flavors, we marinated it in a mixture of soy sauce, sherry, and a touch of brown sugar.

One key time-saving alteration we made was to skip the browning step, which allowed the chicken and the sauce to cook in approximately 30 minutes, making this recipe a practical choice for busy weeknights. The result is a dish bursting with flavor, where the chicken remains tender and moist, the basil adds a delightful hint of freshness without overpowering the dish, and the sesame oil contributes a subtle nutty undertone.

TIP: We prefer the flavor of Thai basil in this recipe, but you can substitute sweet Italian basil, if desired.

Serving Ideas: *Serve with white rice.*

Per Serving (excluding unknown items): 379 Calories; 21g Fat (50.7% calories from fat); 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 155mg Cholesterol; 975mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 70mg Calcium; 2mg Iron; 613mg Potassium; 364mg Phosphorus. Exchanges: .

5-Star Recipe is an ETL Consultant's Corporation company. Visit us at www.5starrecipe.com