

TSINGTAO BEER
BLACK BEAN
CHICKEN



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Serves: 2 - 3 Cooking time: 25 minutes

Ingredients

200g chicken thighs, skinless and boneless
1 teaspoon fermented black beans
½ thumb ginger, peeled and finely sliced
2 cloves garlic, finely chopped
½ red onion, sliced
½ pepper, red or green, sliced
1 spring onion, sliced

The Marinade

1 teaspoon sesame oil
1 teaspoon sugar
1 pinch Chinese five-spice
1 tablespoon light soy sauce
1 tablespoon corn flour

The Sauce

1 ½ tablespoons oyster sauce
dash of dark soy sauce
200ml Tsingtao beer

PREPARATION

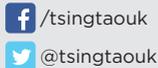
- 1 Finely slice the chicken, combine with marinade ingredients and massage well, ensuring to add the corn flour at the very end, whilst still mixing in. Then set aside.
- 2 Prepare the remaining ingredients; finely dice the garlic and black beans, finely slice the fresh ginger, slice the onion, pepper and spring onion.
- 3 Mix together the sauce ingredients in a small separate bowl.
- 4 Arrange your wok clock *round plate that can act as a clock for your mise-en-place as follows; onions and peppers at 12 o'clock, followed by ginger, black beans, garlic, chicken, and lastly your sauce.

COOKING

- 1 Heat 1 tablespoon vegetable oil in a wok to high heat. Once smoking hot, add the onions and peppers and stir-fry for 1-2 minutes or until softened slightly. Next add the ginger, black beans and garlic and fry for a minute longer, stirring continuously.
- 2 Push the vegetable mixture to the back of the wok, turn the heat back up to high, add a teaspoon or so of oil into the centre of the wok, allow to smoke and add the marinated meat to the wok. Sear well for at least 30 seconds before turning the chicken pieces and bringing the vegetables into the meat. Then sear again once turned.
- 3 Next add the sauce, bring to a vigorous boil, and stir-fry until the sauce thickens, approx. 2-3 minutes.
- 4 Finish with a dash of sesame oil and serve with spring onion over the top as garnish.



Tsingtao Beer is available from all major supermarkets
www.tsingtaobeer.co.uk



www.schoolofwok.co.uk