

Chicken Manchurian

Chicken Breast - dices (1 inch)

Marination is

- 1) Take a Bowl, Add chicken, Add salt, Black Pepper, 1 Tsp Vinegar, 1 Tsp Soya Sauce, 1 Egg, 3 Tbsp Corn flour, Mix well
Keep aside for 1 hour.
- 2) Heat oil Medium high heat Add chicken
Fry on moderate heat. (Light Golden Brown Color)
Remove chicken Keep aside
- 3) Cut Capsicum in triangles - 1 Red and 1 Green
- 4) Cut 1 Onion triangles; separate petals.
- 5) 1 Tbsp Soya Sauce + 2 Tbsp Ketchup
- 6) Take Kadhai - High Heat, Add Oil
- 7) Add 2 Tbsp Ginger 2 Tbsp Garlic, 2 Green chilli - Toss
- 8) Add Onion + Capsicum Toss
- 9) Add (no. 5 - sauces) + 1 Tsp Vinegar, 2 Tsp Sugar, 200 ml chicken stock

10) Add Salt , + a pinch white Pepper Powder
Stir - Come to boil

Slurry :-

2 Tsp Corn flour - Add water

11) Add Slurry in Kadhai

12) Add fried chicken ; Add Spring Onion.

13) Cook on High flame for 2 minutes.

Ingredients :-

Marination

Chicken Breast - 400 gms

Salt - To Taste

Black Pepper - a pinch

Vinegar - 1 Tsp

Soya Sauce - 1 Tsp

Egg - 1 no.

Corn flour - 3 Tbsp

Sauce

Capsicum - 1 no.

Red Bell pepper - 1 no.

Onion - 1 no.

Oil - 1 Tbsp

Garlic - 2 Tbsp

Ginger - 1 Tbsp

Green chilli - 2 no.

Soya Sauce - 2 Tsp

Vinegar - 1 Tsp

Sugar - 2 Tsp

Chicken Stock - 200ml

Salt - To Taste

White Pepper - a pinch

Corn flour - 2 Tsp

Water - as required

Spring Onions -