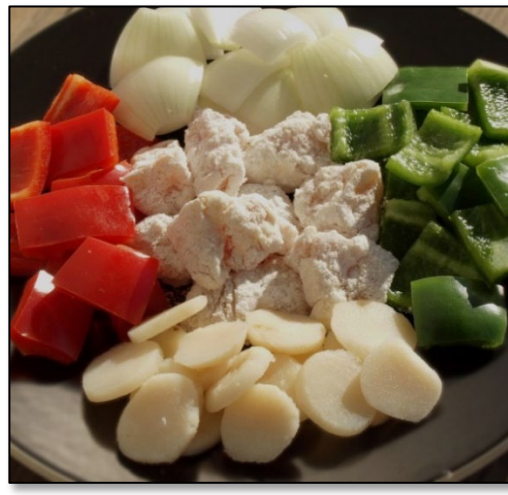




General Tso Chicken



Ingredients

- ½ C. **General Tso Sauce** (Gluten-Free Starport 323)
- 6 oz. Chicken breast, or thigh, boneless, skinless, sliced 1"x1"x1/2", marinated and battered
- ¾ C. **Crispy Seasoning Batter** (Starport 354)
- 2.5 oz. Red bell peppers, sliced, 1"x1", (1/2 C.)
- 2.5 oz. Green bell peppers, sliced, 1"x1", (1/2 C.)
- 2 oz. Water chestnuts, sliced, canned (1/3 C.)
- 2 oz. Onions, sliced, 1"x1", (1/2 C.)

Instructions:

1. Marinate chicken using **Marinade Seasoning** (Gluten-Free Starport 356). See the instructions below.
2. Coat chicken evenly with **Crispy Seasoning Batter** and set aside.
3. Roll the chicken in the **Crispy Seasoning Batter** again before frying to coat it with more batter.
4. Deep fry the battered chicken at 370 F for about 2 minutes. Remove it and let the oil reheat to 370 F, then refry the chicken for another 2 minutes until golden and done. Drain off the excess oil and set aside.
5. Oil blanch red and green bell peppers and onions in 370F fryer oil for 20 seconds. Remove and drain off excess oil.
6. Heat a sauté pan and add the **General Tso Sauce**. Let the sauce boil and reduce slightly, then add the water chestnuts and sauté for 20 seconds.
7. Add oil-blanch red and green bell peppers and onions, stir, and then add fried chicken. Toss and coat the chicken evenly. Remove immediately and plate.

Chicken Marinade:

1. For 10 lbs. sliced or diced chicken, dissolve 0.4 lb. (7/8 C.) **Marinade Seasoning** (Gluten-Free Starport 356) in 1-1/4 C. water, then add 1 C. oil. Mix well and marinate meat for 30 minutes or more.