

# Chicken Almond Ding

## Ingredients:

2 whole chicken breasts (about 2 lbs.)  
1 egg white  
1 tsp. salt  
1 tsp. cornstarch  
1 tsp. soy sauce  
Dash of white pepper  
2 med. carrots  
2 tbsp. oyster sauce or 1 tbsp. dark  
soy sauce  
1 tbsp. plus 1 tsp. cornstarch  
1/4 tsp. water  
Vegetable oil  
2 tbsp. vegetable oil  
1/4 c. diced onion  
1 tsp. finely chopped garlic  
1 tsp. finely chopped gingerroot  
1 c. diced celery  
1/2 c. diced canned water chestnuts  
1 tsp. salt  
1/2 d. diced bamboo shoots  
1 can (4 oz.) button mushrooms,  
drained  
1/2 c. chicken broth  
1 c. frozen peas  
1/2 c. roasted whole almonds  
2 tbsp. chopped green onions (with  
tops)

## Preparation:

Remove bones and skin from chicken; cut chicken into 1/4 inch pieces.  
Mix egg white, 1 teaspoon salt, 1 teaspoon cornstarch, the soy sauce and white pepper in glass or plastic bowl;  
stir in chicken.  
Cover and refrigerate 30 minutes.  
Cut carrots into 1/2 inch pieces.  
Place carrots in boiling water.  
Cover and cook 1 minute.  
Immediately rinse under running cold water; drain.  
Mix oyster sauce, 1 tablespoon plus 1 teaspoon cornstarch and the water.  
Heat vegetable oil (1 inch) in wok to 325 degrees.  
Add chicken; fry, turning frequently, until chicken turns white.  
Remove from wok to strainer.  
Wash and dry wok thoroughly.  
Heat wok until 1 or 2 drops of water bubble and skitter when sprinkled in wok.  
Add 2 tablespoons vegetable oil; rotate wok to coat side.  
Add onion, garlic and gingerroot; stir-fry until garlic is light brown.

Add celery, water chestnuts and 1 teaspoon salt; stir-fry 1 minute.  
Add bamboo shoots and mushrooms; stir-fry 1 minute.  
Stir in carrots, chicken and chicken broth.  
Heat to boiling; cover and stir until thickened, about 20 seconds.  
Stir in peas.  
Garnish with almonds and green onions.

6 servings

**Microwave Reheat Directions:**

Prepare Chicken Almond Ding as directed except -- omit peas, almonds and green onions; cover and refrigerate no longer than 24 hours.  
Just before serving, prepare peas, almonds and green onions.  
Cover chicken mixture tightly and microwave on microproof platter or bowl on high (100%) power 5 minutes; stir in peas.  
Cover and microwave until hot, about 5 minutes longer.  
Garnish with almonds and green onions.