

Chicken Manchurian  
By Zainab Shah  
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Yield: 4 servings  
Time: 45 Minutes

## INGREDIENTS

1 egg  
4 tablespoons plus 1 teaspoon cornstarch  
1 teaspoon garlic paste or freshly grated garlic  
1 teaspoon black pepper  
Fine sea salt  
1½ pounds boneless, skinless chicken breast, cut into ¾-inch cubes  
⅓ cup vegetable oil  
3 whole dried dundicut chiles or bird's-eye chiles  
½ cup ketchup  
¼ cup chile-garlic sauce  
2 tablespoons light soy sauce (or regular soy sauce)  
1 cup chicken stock (optional)  
1 bell pepper, halved, seeded and cut into ¾-inch pieces  
3 spring onions or 1 medium scallion, trimmed and thinly sliced  
Cooked white rice or fried rice, for serving

## PREPARATION

1. Velvet the chicken: In a medium bowl, whisk the egg. Continue whisking and gradually add 4 tablespoons of cornstarch until there are no lumps. Stir in garlic, black pepper and ½ teaspoon salt. Add the chicken pieces and stir until well coated. Cover and set aside for 30 minutes.
2. In a large wok or deep, high-sided skillet, heat oil on medium for 45 seconds. Add chicken (in batches, if necessary to avoid crowding) and cook until it starts turning white, 1 to 2 minutes. Flip the pieces and continue cooking until the chicken starts to turn golden, 2 to 3 minutes. Using a slotted spoon, remove chicken and set aside.
3. Add dried chiles and cook on medium for about 1 minute, stirring occasionally.
4. Meanwhile, in a small bowl, stir together ketchup, chile-garlic sauce, soy sauce, ½ teaspoon salt and, if using, chicken stock (if not using chicken stock, stir in 1 cup water). Add to mixture in pan along with bell pepper and stir to combine.
5. Separately, mix the remaining 1 teaspoon cornstarch with ¼ cup water until smooth. Stir it into the wok and simmer until the sauce thickens and starts to turn glossy, 3 to 4 minutes. Add chicken and stir to combine. Top with spring onions. Serve with rice.