

Vegetarian Crisp Ginger Chicken Salad

Serves 4

Coating Ingredients:

Amounts:

For the Sauce:

Chinese rice vinegar	15ml or 1 Tablespoon
Light soy sauce (natural)	15ml or 1 Tablespoon
White or rice vinegar	30ml or 2 Tablespoons
Granulated sugar	30ml or 2 tablespoons
Water	30ml or 2 Tablespoons
Hot chili oil or crushed red pepper flakes	5ml or 1 Teaspoon

For the Filling:

Vegetarian Chicken Cutlet (sliced 1/8" x 2 inches long)	340grams or 12 ounces
• Marinade:	
Dark soy sauce	30ml or 2 Tablespoons
Chinese rice vinegar	15ml or 1 Tablespoon
Granulated sugar	5ml or 1 Teaspoon
Ginger juice (storebought or homemade)	30ml or 2 Tablespoons

Batter for above ingredients:

Rice Flour	65ml or 1/4 cup
Cornstarch	65ml or 1/4 cup
Vegetable oil	15ml or 1 Tablespoon
Hot chili oil (optional)	15ml or 1 Tablespoon
Water, or as needed	85ml or 1/3 cup

For the vegetables:

Stalk celery	1 piece
Red bell pepper	1 piece
Carrot	1 piece
Cups oil for deep-frying	1 litre
Oil for stir-frying, or as needed	30ml or 2 Tablespoons
Red chili peppers, seeds left in	3 pieces
Fresh ginger, finely chopped	15grams or 1 Tablespoon
Sesame oil	5ml or 1 Teaspoon

For the rice:

Fragrant Jasmine Rice (Raw)	250grams
Red Thai Rice (Raw)	50grams



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Black Thai Rice (Raw)	35grams
Water	850grams

Method:

If making homemade ginger juice, grate the ginger and squeeze out the juice until you have 2 tablespoons. Cut the vegetarian chicken cutlet along the into thin strips the approximately length and width of matchsticks. Add the marinade ingredients and marinate the vegetarian chicken steak for 25 minutes.

In a small bowl, mix together the soy sauce, rice vinegar, sugar, water and hot chili oil. Set aside.

While the chicken is marinating, prepare the vegetables and sauce. Cut the celery, red bell pepper, and carrot into thin strips.

To prepare the batter, combine the flour and cornstarch. Stir in the vegetable oil, and the hot chili oil if using. Add as much water as is needed to make a smooth batter. It should not be too dry or too runny, but should lightly drop off the back of a wooden spoon.

Heat the oil for deep-frying to 360 degrees Fahrenheit. Dip the marinated vegetarian chicken pieces into the batter. When the oil is hot, add the chicken and deep-fry until it is golden brown. Remove with a slotted spoon and drain on paper towels.

Increase the heat to 400 degrees Fahrenheit. Deep-fry the vegetarian chicken cutlet a second time, to make it extra crispy. Remove and drain. Clean out the wok.

Heat 2 tablespoons oil in the wok. When the oil is hot, add the chilies and ginger. Stir-fry until the chilies begin to blister. Add the carrot. Stir-fry briefly, then add the celery, and then the red pepper.

Push the vegetables up to the sides of the wok. Add the sauce in the middle. Heat to boiling, then add the deep-fried vegetarian chicken cutlet back into the pan. Mix all the ingredients together. Remove from the heat. Stir in the sesame oil.

Method:

For the rice:

1. Mix all rice together and rinse twice with cold water.
2. Place rice in rice cooker and add fresh water and cook.
3. When the rice is finished, let stand 10 minutes to dry out.

To assemble the dish.

1. Place rice down first.
2. Add filling with sauce and top over rice.



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Enjoy!!

Special Notes;

Recipe is gluten free and vegan if followed.
For gluten free soy sauce look for naturally brewed.

