

Goey Ginger Chicken

Submitted by Elizabeth Mandel
The Best of Vietnamese & Thai Cooking
Serves 4

Ingredients

- 2 Tbsp vegetable oil
- 1 Tbsp chopped shallot
- 1 Tbsp minced garlic
- 1 Tsp chopped fresh chili (optional)
- 3 Tbsp chopped fresh ginger
- 2 lbs chicken thighs and breasts, trimmed of excess fat and cut into bite-sized pieces
- 4 Tbsp caramel sauce (see recipe)
- 1/4 c chicken stock
- 2 Tbsp fish sauce
- 2 green onions, cut into 1/2 inch pieces on diagonal
- 6 fresh cilantro sprigs for garnish

Instructions

Heat the oil in a wok or fry pan over high heat. Working very quickly, add the shallot, garlic, chili and ginger and stir-fry for 1 minute. Add the chicken, reduce the heat, and saute in in the seasoning for 3 to 5 minutes. Stir in the caramel sauce, chicken stock, and fish sauce. Reduce heat to low and cook until meat is tender and sauce clings to the chicken, 20 to 30 minutes. Stir in the green onions. Remove from heat and garnish with cilantro. Serve with lots of steamed rice.



Caramel Sauce

Makes about 2/3 cup

A bottle of fish sauce and a jar of caramel sauce are indispensable in the Vietnamese kitchen. A little spoonful gives stews, ragouts and even grilled dishes a nice color, as well as adding a slightly nutty sweetness. Consider setting aside a small jar for spontaneous use.

Ingredients

- 1 cup sugar
- 3/4 cup water
- 1 cup boiling water

Instructions

Combine the sugar and 3/4 cup water in a small saucepan and bring to a boil. Reduce the heat and simmer 12-15 minutes. Stir continuously with a spoon or wire whisk. Have the 1 cup boiling water ready on a back burner. When the caramel sauce begins to bubble and turn very dark brown, move the pan to a cool burner. Stirring continuously, drizzle in only enough boiling water to slightly thin out the syrup 1 to 2 tablespoons. (This will ensure that the sauce doesn't become too thick later.) Let the sauce cool before transferring to a jar with a tight-fitting lid.

