

## General Tso's Chicken (January 2019 recipe)

### Ingredients:

4 boneless skinless chicken breasts, cut into one inch cubes or 1 ½ lbs. boneless skinless chicken thighs, cut into bite size pieces

¼ cup cornstarch

1 Tablespoon vegetable oil, preferably canola

½ cup hoisin sauce

2 Tb soy sauce

½ cup brown sugar

3 cloves garlic, minced

3 Tb rice wine vinegar

1 teaspoon toasted sesame oil

2 Tb grated fresh ginger or ¼ tsp dry ginger

½ tsp crushed red pepper (more or less to liking)

Optional garnish: green onions, toasted sesame seeds, additional red pepper flakes

### Method:

In a mixing bowl add the chicken and cornstarch. Toss until the chicken is completely coated in the cornstarch. In a medium sized skillet over medium high heat, add oil and cook the chicken until the chicken is lightly browned (but not fully cooked). Put in the bottom of the slow cooker insert.

In a small mixing bowl whisk together hoisin sauce, soy sauce, brown sugar, garlic, rice wine vinegar, toasted sesame oil, ginger and crushed red pepper. Pour on top of chicken in the slow cooker.

Cook on low heat for 3-4 hours or until chicken is cooked throughout. Serve over rice and garnish with green onions, sesame seeds and red pepper flakes if desired.