

Chicken Chow Mein serves 20

based on a recipe from Edmonds Cook Book.

- 3 Tablespoons soya sauce
- 3 Tablespoons cornflour
- 3 Tablespoons vinegar
- 1 Tablespoon of grated root ginger
- 10 skinless chicken breasts, sliced,
- 3/4 cup of oil
- 5 onions chopped
- 10 garlic bulbs, chopped
- 5 cups of broccoli florets
- 2 and 1/2 cups sliced celery
- 5 red capsicums sliced
- 2 and 1/2 cups chicken stock
- 3 and 1/2 Tablespoons cornflour
- 5 Tablespoons soya sauce

Combine first measure of soya sauce, first measure of cornflour, vinegar and grated ginger in a large bowl. Place sliced chicken into this mixture and leave to marinate for 30 minutes.

Heat oil in a large wok (or fry pan), add onion and garlic and cook until onion is clear. Add chicken until it is browned or nearly browned, add broccoli, celery and capsicum and cook until vegetables are a bright colour. Mix stock, second measure of cornflour, and soya sauce and stir into chicken mixture.

Transfer mixture into a large aluminium container, cover with aluminium foil, place in oven, 160 degrees until thoroughly heated through and chicken is cooked.