

Velveting Chicken Breast Chinese Restaurant Style

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

50 mins

Description

Velveting chicken makes it as moist and tender as what's served at the best Chinese restaurants. This is not my technique; I got it online. Don't limit this chicken to just Chinese dishes. The velveting chicken can then be stir-fried with vegetables and sauce or stored for a few hours in the refrigerator before cooking.

Ingredients

- 1 large egg white - 1 tablespoon Chinese rice vinegar - 1 tablespoon cornstarch - 1 teaspoon kosher salt - 1 pound skinless
- boneless chicken breast
- thinly sliced - 8 cups water - 1 tablespoon peanut oil

Instructions

1. Whisk together egg white
2. vinegar
3. cornstarch
4. and salt in a large bowl until smooth. Add sliced chicken; mix to coat thoroughly. Cover with plastic wrap and marinate in the refrigerator for 30 minutes. Bring water and oil to a boil in a pot over high heat. Reduce heat to medium. Remove chicken from the marinade and shake off excess; discard remaining marinade. Add chicken to boiling water and cook until just white on the outside but not completely cooked through
5. about 1 minute. Drain chicken and finish cooking in a hot oiled wok or skillet until no longer pink in the center and the juices run clear
6. or store parboiled chicken in the refrigerator in a sealed container until ready to use
7. up to a few hours. Editor's Note: Nutrition data for this recipe includes the full amount of the velveting marinade ingredients. The actual amount of marinade consumed will vary.