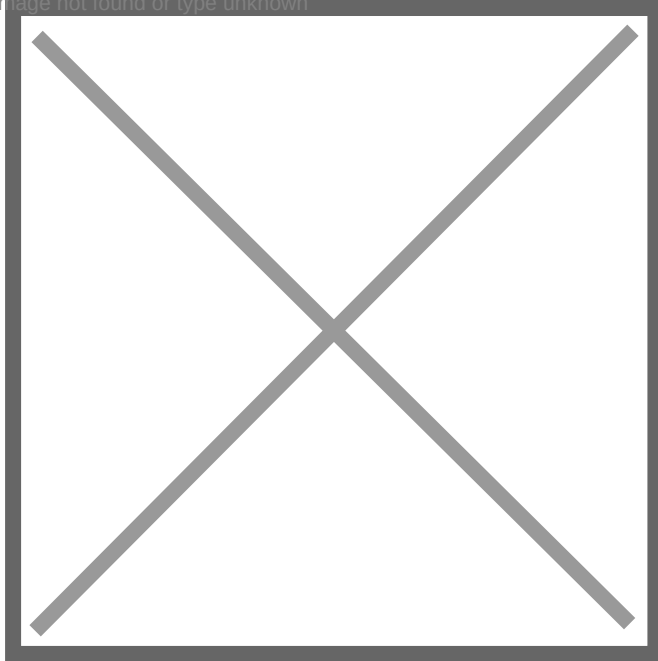




Bang Bang Chicken

Oscar · 29/09/2024

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Prep Time

15 mins

Difficult

Medium

Servings

40 mins

Description

This bang bang chicken is a wonderful Americanized version of an extremely popular Sichuan Chinese dish. With twice-fried chicken, you get the crispy fried breading you'd expect, and the bang bang sauce drizzle makes the entire dish spectacular. You'll love this more than any restaurant version. Pay attention to the notes in the directions.

Ingredients

- 1 cup milk - 1 large egg - 1 pound boneless
- skinless chicken breasts
- cut into 1-inch cubes - ¼ cup potato starch - ¼ cup all-purpose flour - ½ teaspoon salt - ¼ teaspoon ground black pepper - ¼ teaspoon shichimi togarashi (Japanese red pepper condiment) - 2 cups oil for frying
- or as needed - ¼ cup mayonnaise - 2 tablespoons honey - 2 tablespoons sweet chili sauce - 1 teaspoon gochujang (Korean hot pepper paste)

Instructions

1. Whisk together milk and egg in a large bowl until well combined. Add chicken; stir to coat and allow to marinate for 15 minutes. Drain and discard egg mixture. Combine potato starch
2. flour
3. salt
4. pepper
5. and shichimi in a medium bowl. Pour into a large plastic resealable bag. Add chicken; seal the bag and shake until chicken is well coated. Heat 2 inches oil in a deep saucepan over medium heat to 325 degrees F (165 degrees C). Working in batches of about 5 to 8 pieces at a time
6. cook chicken in hot oil for about 90 seconds. Remove to a paper towel-lined plate; keep each batch separate. Increase oil temperature to 350 degrees F (175 degrees C). The oil should be continuously boiling at this point. Carefully re-add the first batch of chicken and fry for another 90 seconds. Remove to another paper towel-lined plate. Repeat with remaining batches of chicken. Mix together mayonnaise
7. honey
8. sweet chili sauce
9. and gochujang in a large serving bowl until combined. Toss fried chicken with sauce to coat. Diana71
Recipe Tips You can substitute potato starch for the cornstarch if desired. Potato starch is regularly used in Asian cuisine because it has a silkier feel and takes on a neutral flavor. You can use any ground red pepper instead of shichimi togarashi
10. and any hot sauce instead of gochujang. It's beneficial to have a splatter screen if frying the chicken on the stovetop. The reason for frying it twice is that it's the secret to crispier fried chicken! Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
11. ingredient density
12. and specific type of oil used.