



INGREDIENTS:

CHICKEN CHOW FUN

1 Lb Chicken Breast
 5 Teaspoons Dark Soy Sauce
 1 Tablespoon Chinese Rice Wine
 or Dry Sherry
 1/2 Teaspoon Sugar
 A Few Drops Sesame Oil
 1 Teaspoon Cornstarch
 1/2 Pound Fresh Rice Noodles
 1 8-Ounce Can Baby Corn
 2 Garlic Cloves
 1 Tablespoon Chinese Black Bean
 Sauce
 1 1/2 to 2 Tablespoons Oyster
 Sauce
 5 Tablespoons Oil for Stir Frying,
 or as Needed

DIRECTIONS:

1. Cut the chicken breast across the grain into thin strips about 1/4-inch thick. Add the dark soy sauce, rice wine, sugar, sesame oil, and cornstarch. Marinate the chicken for 15 minutes.
2. While the chicken is marinating, prepare the vegetables: rinse the baby corn in warm running water and drain. Smash, peel, and chop the garlic cloves.
3. If using refrigerated rice noodles, rinse them in warm water to loosen. Cut the noodles into 1/2 to 3/4 inch strips.
4. Heat the wok and add 2 tablespoons oil. When the oil is hot, add the beef. Lay flat and let brown for a minute. Stir in the black bean sauce and stir-fry the beef until it is browned and nearly cooked through. Remove from the wok.
5. Clean out the wok and add 2 more table-
spoons oil. When the oil is hot, add the garlic and stir-fry until aromatic. Add the rice noodles and stir fry until browned.
6. Push the rice noodles up to the side of the wok and add 1 more table-
spoon oil. When the oil is hot, add the baby corn. Stir-fry briefly, then mix with the noodles. Stir in the oyster sauce.
7. Add the chicken back into the wok. Mix everything together and serve hot.

COOKING
SKILLS
ACADEMY