

Big Bowl Farmer's Market Chicken Stir Fry

This simple and elegant stir fry puts all the emphasis on the fresh ingredients from your local market. We are using asparagus here, but you can swap out any number of fresh vegetables that are at peak season.

8 ounces boneless chicken breast
2 teaspoons cornstarch
1 teaspoon sesame oil plus a few drops
2 tablespoons oyster sauce
1 tablespoon light soy sauce
1 teaspoon sugar
½ cup chicken stock
1 cup peanut oil
3 small fresh shiitake mushrooms, sliced
1 teaspoon Chinese salted black beans
2 teaspoons julienned fresno peppers
2 teaspoons chopped fresh ginger
2 teaspoons chopped fresh garlic
½ pound fresh vegetables, trimmed and cut into 2-inch lengths
2 teaspoons cornstarch mixed into 2 tablespoons water

Mix the chicken with the cornstarch and sesame oil, and set aside.

Combine the oyster sauce, light soy sauce, sugar, and chicken stock; set aside.

Heat 1 cup of oil in a wok to hot and add the chicken, Cook, stirring, just until the chicken turns color. Remove to drain; reserve the oil.

Heat a wok over high heat. When hot, add 3 tablespoons of the reserved oil. Add the mushroom slices and cook, stirring, until browned slightly and soft. Add the black beans, chili pepper, ginger and garlic, and cook, stirring. Add the asparagus and toss until well coated in the seasonings. Add the oyster sauce mix and bring to a boil. Re-add the chicken and cook, tossing, until heated through. When the sauce boils, re-stir the cornstarch mixture and add. Cook over high heat until the sauce thickens slightly and clears.

Remove to a serving bowl and garnish with a few drops of sesame oil.
Serve over or with jasmine rice.

Serves 2 with rice as a complete meal, or 3 to 4 as part of a larger meal.