General Tso's Chicken Recipes

Tender chicken thighs in a glossy sweet, savory, and gently spicy sauce

SERVES 4 **PREP** 15 MIN **COOK** 20 MIN



INGREDIENTS

- 1½ lb (680 g) boneless, skinless chicken thighs
- 1 tbsp (15 ml) neutral oil
- ¼ tsp black pepper
- 3 tbsp (45 ml) alcohol-free soy-style seasoning
- 2 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- ½ cup (120 ml) water
- 1 tbsp (8 g) cornstarch
- 2 tbsp (42 g) honey
- 1 tbsp (15 ml) apple cider vinegar
- 1 tbsp (15 g) alcohol-free chili paste

METHOD

1. Cut chicken into even bite-size pieces. Pat dry where appropriate and season with pepper.

2. Whisk soy-style seasoning, honey, vinegar, water, and cornstarch until smooth. Keep sauce separate from raw chicken; whisk in chili paste.

3. Heat oil in a wide skillet over medium-high heat. Cook chicken in two batches, turning frequently, for 7–10 minutes; ground chicken takes about 6–8 minutes.

4. Return chicken to the pan. Add garlic and ginger; stir for 30 seconds.

5. Stir sauce again, pour into the pan, and simmer 3–5 minutes, stirring, until glossy and the thickest chicken pieces reach 165°F (74°C). Add a splash of water if needed.

Doneness: Check the thickest center of each chicken portion with a food thermometer; it must reach 165°F (74°C). **Serve:** Divide into four portions with rice or vegetables. **Storage:** Refrigerate in shallow covered containers within 2 hours (within 1 hour above 90°F / 32°C); keep at or below 40°F / 4°C and use within 3–4 days.