

Stir-Fried Caramel Chicken

1 lb boneless skinless chicken breasts, 500 g
cut into bite-size pieces
1 tbsp cornstarch 15 mL
3 tbsp vegetable oil 45 mL
1 large onion, finely chopped 1
1 carrot, julienned 1
1 clove garlic, minced 1
1/4 cup granulated sugar 50 mL
3 tbsp cider vinegar 45 mL
1 tsp Worcestershire sauce 5 mL

Dredge chicken in cornstarch. In a wok, heat oil over medium-high heat until smoking. Stir-fry chicken until browned on all sides and no longer pink inside; remove to a plate. Add onion and carrot to the wok and stir-fry for 1 minute. Add garlic and stir-fry for 1 minute. Add sugar, vinegar and Worcestershire sauce; stir-fry until sugar begins to color, about 1 minute. Return chicken to the wok and stir to coat with sauce. Serves 4.