

General Tso Chicken and Cauliflower

Recipe By *Chanie Nayman*



Cooking and Prep:  25
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Serves:  4

Contains:    

Preference: Meat

If you're feeling stumped about dinner tonight, this recipe will do the trick.

Difficulty: Medium

Occasion: Chanukah

Source: Kosher.com

Exclusive

Ingredients (22)

Chicken

4 chicken breasts cut into chunks

about 3 cups cut up fresh cauliflower or frozen cauliflower defrosted and uncooked

scallions, sliced

sesame seeds

Sauce

- 2 tablespoons corn starch
- 3 tablespoons ketchup
- 1/4 cup sugar
- 2 tablespoon white vinegar or rice vinegar
- 1/4 cup **Gefen Soy Sauce**
- 1/2 cup chicken soup or 1/2 cup water with 1/2 teaspoon chicken soup mix dissolved in it
- 1/2 teaspoon ginger powder or 2 cubes **Dorot Gardens Frozen Ginger**
- 2 cubes **Gefen Frozen Garlic**
- 1 tablespoon **Gefen Sesame Oil**

Batter

- oil for frying
- 1/3 cup water
- 4 eggs
- 2 teaspoons paprika
- 1 tablespoon salt
- 1 and 1/2 teaspoons **Haddar Baking Powder**
- 1/3 cup corn starch
- 1 cup flour

Sommelier Suggests

- Mt. Tabor Gewurztraminer**
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Start Cooking

Prepare the Chicken

1.)

Make the sauce mixture in a glass bowl, and whisk together. Set aside.

2. Mix together the batter ingredients and place the chicken in it tossing to coat.
3. Using a slotted spoon set it down into hot oil. Fry for about two minutes, not more. Remove and set on paper towels.
4. Place your sauce ingredients in a medium size saucepan. Allow to come to a simmer. Add cauliflower and chicken pieces, and toss in the sauce for about three to four minutes.
5. Serve over rice, or linguini.