

Betty's Kentucky Cashew Chicken Recipe



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In this video, Betty demonstrates how to make Cashew Chicken. This is an "American " take on the authentic Asian version of Cashew Chicken, and you will notice that I used the method of sautéing, rather than "stir-frying."

Ingredients:

- 1 whole boneless chicken breast (2 breast halves), cut into bite-sized pieces
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch
- 3 tablespoons peanut oil, divided
- ½ cup salted, roasted cashew halves or pieces
- 3 cloves garlic, minced
- 2 tablespoons rice vinegar
- 1 medium green bell pepper, cut into chunks
- 1 medium onion cut into wedges (4 or 8) and separated
- 1 teaspoon ground ginger
- Optional:
 - 3 tablespoons soy sauce
 - 1 tablespoon cornstarch
 - 1 cup water, adding more for desired thickness

In a small bowl, combine 1 tablespoon soy sauce with 1 teaspoon cornstarch. Add chicken pieces and stir to coat. Set aside. Add 2 tablespoons peanut oil to a deep skillet. Heat, and then add ½ cup cashew halves. Stir until lightly toasted, about 1 minute. Remove with a slotted spoon and set aside. Add coated chicken to hot oil in skillet and cook until chicken is no longer pink in the center. Remove with a slotted spoon and set aside. Add reserved tablespoon peanut oil to skillet. When the oil is hot, add 1 medium bell pepper, chunked, 1 medium onion, cut into wedges, and 1 teaspoon ground ginger. Saute until the vegetables are crisp-tender, about 4 minutes. Add 3 cloves minced garlic and for for about 1 minute longer. Add 2 tablespoon rice vinegar, and cook, stirring constantly, for about 5 minutes. Now, return cooked chicken to the skillet and heat through for about 2 minutes. Finally, stir in toasted cashews. Ladle this mixture over the cooked white rice and serve immediately. (I cooked my rice in chicken broth in a rice cooker.) If you like your Cashew Chicken to have a more intense flavor, make a gravy by placing 3 tablespoons soy sauce, 1 tablespoon cornstarch, and 1 cup of water in a small saucepan. Cook over low heat, stirring continually. Add more water to get the consistency of gravy that you like. You may add this to the finished Cashew Chicken mixture in the skillet, stirring well to combine, or you may use it for individual servings for those who like a more intense flavor. This is one of my husband's favorite meals; he likes it with the additional gravy! Enjoy!!! --Betty ☐