



Moo Goo Gai Pan – Chicken and Mushrooms Gluten Free



Ingredients

Foodservice Serving

- 3 C. **Brown Stir Fry Sauce** (Gluten Free Starport 209)
- 2.5 lbs. Chicken, thigh or breast, boneless, skinless, marinated and velvetized (see below), sliced 1x1x $\frac{1}{8}$ "
- 1 lb. Straw mushrooms, canned, drained
- 1 lb. White (button) mushrooms, cut $\frac{1}{4}$ "
- 0.5 lb. Celery, bias cut $\frac{1}{4}$ "
- .75 lb. Red bell pepper, sliced $\frac{1}{4}$ "
- 0.5 lb. Water chestnuts sliced, canned
- 2 Tbsp. Garlic-ginger infusion (see below)
- $\frac{1}{4}$ C. Corn oil
- .1 lb. Green onions, chopped.



Instructions

1. Marinate and velvetize chicken (see below).
2. Blanch mushrooms and water chestnuts in boiling water for about 1 minute, drain well, and set aside.
3. Oil blanch red bell pepper in fryer at 350°F for 30 seconds, remove and drain.
4. Heat wok (or griddle) at high heat, when hot, add oil then celery and sear celery for about 40 seconds.
5. Add velvetized chicken and garlic/ginger and let chicken sear 30 seconds before stirring.
6. Add red bell peppers, mushrooms and water chestnuts and stir-fry for 2 minutes.
7. Add **Brown Stir Fry Sauce** stir-fry until steaming hot, remove and garnish with green onions.

Garlic/ginger – Mix 2 parts of crushed fresh garlic with one part of finely minced ginger place in pan, add enough oil to cover, and heat and stir until ingredients reaches 170°F, remove and refrigerate.

Chicken Marinade and Velvetization

1. **To marinate:** For 10 lbs. sliced or diced chicken, add 0.4 lb. ($\frac{7}{8}$ C.) **Marinade Seasoning** (Starport 356), $\frac{1}{4}$ C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.
2. **To velvetize:** Oil blanch chicken in deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the chicken pieces with tongs. Chicken will NOT be fully cooked. Remove and drain.
3. When cool, place in covered container and refrigerate until ready to use. Make batch daily.