

Chicken Lo Mein

Stir together in a medium bowl:

- 1 tsp cornstarch
- 1/2 tsp salt
- 1 tsp toasted sesame oil

Cut across the grain to make very thin slices (more easily done if partially frozen):

- One large, boneless chicken breast

Toss in the cornstarch mixture and let marinate for 10 minutes to 20 minutes. Stir together in a small bowl:

- 1/4 cup chicken broth
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 1/2 tsp sugar

Cook in a pot of boiling unsalted water, just until tender:

- 6 ounces chinese egg noodles or spagethi

Drain in a colander and cool under cold running water. Drain again and toss thoroughly with:

- 1 tsp toasted sesame oil

Heat a wok or a large skillet over high heat. When hot, pour in:

- 1/3 cup peanut oil

Swirl the oil around the pan until very hot but not smoking. Add the chicken and stir fry, flipping it in the oil to separate the slices, and cook just until white. Drain in a sieve or colander and discard the oil. Heat the pan again until hot. Pour in:

- 3 tbsp peanut oil

Swirl the oil around until very hot but not smoking. Add:

- 4 ounces bok choy, cut into 3-inch pieces
- 1/4 cup canned bamboo shoots, rinsed, drained, and sliced
- 3 scallions, cut into 2-inch pieces
- 1/4 cup sliced mushrooms
- 1 tsp finely minced garlic

Stir fry until the vegetables are well coated with oil, about 45 seconds. Pour the stock mixture down the side of the pan; stir and cover to steam the vegetables in the sauce for 1 minute.

Uncover, add the noodles and chicken, and stir and toss for about 30 seconds. Add:

- 1/4 cup bean sprouts

Stir for about 30 seconds, serve immediately.