

Garlic Butter Chicken

from “Chef” Howard

Ingredients:

- 1 large boneless chicken breast (can use chicken thighs) cut into bite sized pieces
- 2Tbsp + 1 tsp corn starch
- 2-3 Tbsp butter
- 1 head garlic, finely chopped
- 1 Jalapeno, finely chopped or red pepper flakes to taste (Optional)
- 4-5 green onions, finely chopped (dark green part reserved)
- 1 tsp vinegar
- ½ tsp sugar
- Salt and pepper
- 2 Tbsp neutral oil
- 1/4 cup chopped green herb (cilantro or parsley)
- Put chicken in a bowl and season with salt, pepper and 2 Tbsp corn starch.

Instructions:

- In separate bowl, mix together the garlic, green onions (white and light green part), and peppers if desired. Put aside.
- Heat the oil in a skillet or wok on high. Add the chicken. Mix the chicken around for about 7 minutes until golden brown. Remove the chicken, place in bowl. Leave whatever oil is left in the pan. Keeping the flame on high, add butter to the pan. When it starts to bubble, add the garlic, green onion, pepper mixture. Add the vinegar. Be careful not to burn the garlic.
- In a small bowl, mix the remaining 1 tsp corn starch with about ¼ cup water, broth or white wine. Mix well. Add about ½ of this to the garlic, butter mixture. Lower heat to medium. Keep mixing as the sauce begins to thicken. If you want it thicker, add more of the corn starch mixture. This should take no more than a minute. Add the chicken and mix with the garlic, butter sauce. Add in the chopped green herb, sugar, and the dark green part of the green onions. Toss together and serve over rice, if desired.

Courtesy of “Chef” Howard and Valley Jewish Community Center

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