

Kung-Pao Chicken

(Gluten Free, Serves 4)

- 3 Cups *Nomura Tsuru Mai Brown Rice*
- 2 Cups *Chopped Celery*
- 1 *Green, Red and Yellow Bell Pepper, sliced into strips*
- 2 *Fresh Jalapeno Peppers, sliced then diced*
- 1/2 cup *Salted Peanuts.*
- 1 cup *fresh or frozen soybeans*
- 1 *White Onion, quartered then pulled apart*
- 12 ounces of *Chicken, Pork, Beef or 2 cups of Pre-cooked Shrimp*
- 1 *tablespoon crushed red peppers (Meat Seasoning)*
- 1 *tablespoon Garlic Salt (Meat Seasoning)*
- 1 *teaspoon Onion Salt or Powder (Meat Seasoning)*
- 1 *teaspoon of Dried Parsley Flakes (Meat Seasoning)*
- *(Optional): 3 finely diced Habanero, Ghost or Reaper Peppers*

1: Begin boiling the rice in a rice-cooker or cooking pot. This should take about 30-45 minutes.

2: Slice the bell peppers into narrow strips. Quarter the onion and then peel each layer by hand. Chop the celery into roughly tablespoon sized half moons. Slice the Jalapenos into rings, stack, then quarter them. Finely dice the Habanero, Ghost or Reaper Peppers, and place all vegetables together in a bowl. Dump the soybeans on top.

3: Mix your sauce in a small bowl in the order presented below. Wisk it until there are no lumps and the sauce has a thick texture and a medium brown color.

4: Slice your beef, pork or chicken into thin slices, and cook with a dusting of red pepper flakes, parsley flakes, garlic salt and onion salt or powder. Before the meat is fully cooked, stir in the peanuts. Fry until the meat is lightly seared and the peanuts become slightly soft. (*Shrimp does not need to be sliced, simply fry with seasonings as above*).

5: Combine meat and vegetables into a wok or large frying pan. Then pour the sauce evenly over the dish, mixing gingerly with a spatula. Cook at a medium heat until the vegetables become firm but still crunchy - do not overcook or the peppers and onions will turn into mush.

6: Serve over Brown Rice.

Kung-Pao Sauce Instructions:

- 4 *tablespoons Light Soy Sauce*
- 4 *tablespoons Chinkiang Rice Vinegar*
- 2 *tablespoons Sugar*
- 12 *tablespoons All-purpose Chili Garlic Sauce*
- 3 *teaspoons Cornstarch*
- 1 *teaspoon Powdered Garlic*