

Chinese Stir-Fried Chicken and Asparagus

<http://userealbutter.com/2007/12/18/chinese-stir-fried-chicken-asparagus-recipe/>

1 lb. boneless, skinless chicken breast, sliced against the grain about 1/8-inch thick
1 lb. fresh asparagus, woody stems trimmed, sliced on the diagonal (2-inch pieces)
4 cloves garlic, coarsely chopped
4 stalks green onion, cut into 1-inch pieces
1/4 cup Shao Xing Chinese Cooking Wine (or cooking sherry)
1 tbsp corn starch (more if you like thicker sauces)
salt
vegetable oil
1 can baby corn, drained (optional)
1 small can water chestnuts, drained and sliced (optional)
1 can straw mushrooms, drained (optional)

Mix the chicken, cornstarch, sherry, and salt together in a small bowl. Heat 1 tbsp of oil in a wok or large frying pan over high flame. Toss in half of the garlic and onions. Sauté until the garlic becomes fragrant. Add the chicken and stir fry until the meat is just undercooked. Remove the contents to a bowl. Add another tbsp+ of oil to the pan and heat over high flame. Add the remaining garlic and onions and stir until garlic is fragrant. Pour in the asparagus and sauté until the spears begin to turn a deep green. At this point, you can add any additional vegetables and stir fry for another minute. Add the chicken back into the pan and stir fry until it is thoroughly cooked (just a few minutes). Serve immediately.