



### **Moo Goo Gai Pan**

Featured on May 10, 2019 for “Regional Chinese Cooking Along the Transcontinental Railroad” demo with Chef Martin Yan

#### **Moo Goo Gai Pan**

Recipe courtesy of Yan Can Cook, Inc.

Yields 4-6 servings

#### **Ingredients**

12 ounces boneless chicken, cut into thin strips

#### **Marinade**

1 tablespoon oyster-flavored sauce  
1 tablespoon dry sherry or rice wine  
½ teaspoon cornstarch

#### **Sauce**

¼ cup chicken broth  
1 tablespoon soy sauce  
1 teaspoon chili garlic sauce  
¾ teaspoon sugar  
1 teaspoon sesame oil

2 ½ tablespoons cooking oil  
2 teaspoons minced garlic  
2 teaspoons minced ginger  
½ cup sliced fresh button mushrooms  
½ cup sliced carrots  
½ cup trimmed fresh snow peas  
¼ cup sliced water chestnuts  
¼ cup sliced bamboo shoots  
2 teaspoons cornstarch dissolved in 4 teaspoons water

#### **Directions**

Combine chicken and marinade ingredients in a medium bowl; stir to coat. Let stand for 10 minutes.

Combine sauce ingredients in a small bowl; set aside.

Place a wok or wide frying pan over high heat until hot. Add cooking oil. Add ginger and garlic; cook, stirring until fragrant. Add chicken and stir-fry for 2 minutes. Remove chicken from pan and set aside. Add mushrooms and carrot; cook for 1 minute.

Return chicken to pan and add sauce, snow peas, water chestnuts and bamboo shoots; toss well. Cook until snow peas are crisp tender, about 1 minute.

Add cornstarch solution; cook, until sauce thickens slightly. Serve.



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