

Cantonese "Moh Gu Gai Pin" Stir Fry

July 3rd, 2024

This recipe serves: 6

Prep Time: 01:00

Cook Time: 00:30

"Moh Gu Gai Pin", or the Americanized version "Moo Goo Gai Pan" is a less traditional Cantonese dish, which translates to "button mushroom and chicken slices". Moh Gu Gai Pin is a Chicken Stir Fry dish, that includes mushrooms and an abundance of vegetables. Moh Gu Gai Pin typically includes a Chicken-based sauce that is thickened with corn starch. It is a flavorful, healthy, dish that is easy to make with ingredients that are readily available from nearly any grocery store. Although Moh Gu Gai Pin typically includes Shaoxing Wine in both the marinade and the sauce, this recipe is alcohol-free.

Ingredients:

2 lbs Chicken Breasts, boneless and skinless
3 Cups Jasmine Rice or Calrose Rice
Vegetable Oil to Stir-fry
1 Tablespoon Sesame Seeds
1 Tablespoon Sesame Seeds (again)

Marinade

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1 Tablespoon Soy Sauce
1 Tablespoon Oyster Sauce
1/2 Tablespoon Apple Juice
1/2 Tablespoon Water
1 Teaspoon Rice vinegar

Vegetables

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8 Ounces White Button Mushrooms, sliced
6 Scallions
3 Garlic cloves, minced
1 inch Fresh Ginger
12 Ounces Baby Bok Choy
12 Ounces Brussels Sprouts
2 Carrots, peeled and thinly sliced on the bias
1/2 Cup Broccoli
1 Red Bell Pepper
2 Ounces Water Chestnuts
2 Ounces Sliced Bamboo Shoots

Sauce

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1 Cup Chicken Stock (low sodium) or Vegetable Stock
3 Tablespoons Cornstarch
2 Tablespoons Oyster Sauce
2 Tablespoons Soy Sauce
1 Tablespoon Apple Juice
1 Tablespoon Water
2 Teaspoons Toasted Sesame Oil
1 Teaspoon Rice Wine Vinegar
1 Teaspoon Black Vinegar

Directions:

Rinse the Rice until the water runs clear.

Using a Rice Cooker or a Instant Pot, prepare the Rice according to the instructions on the bag.

Refrigerate the Rice overnight.

Prep all ingredients before you begin cooking.

Cut the Chicken into bite-sized pieces, about a 2 inch strips that are 1/2 inch thick.

In a medium-sized bowl, use a whisk to mix the Marinade.

Add the Chicken. Lid and let the Chicken marinate for 30 minutes, while it comes to room temperature.

Meanwhile, prep all the other vegetables: Clean and cut the Scallions into 1 inch pieces; Peel, clean, and mince the Garlic Cloves; Peel the Ginger and slice into thin toothpicks; Clean the Baby Bok Choy and cut into bite-sized pieces; Clean, trim, and quarter the Brussels Sprouts; Clean and separate the Broccoli into bite-sized pieces; Clean Red Bell Pepper and cut into long, thin slices; Peel the Carrots and slice into thin slices on the bias; Drain the Water Chestnuts and Bamboo Shoots.

Mix all the Sauce ingredients together in a medium-sized bowl.

Whisk well and set aside.

Heat the Wok over high heat.

Add a liberal amount (1 or 2 Tablespoons) of Vegetable Oil to the pan and continue to heat.

Add the Mushrooms. Stir well to ensure that the Mushrooms are fully covered in the Oil.

Cook, stirring occasionally, until the Mushrooms begin to brown, about 10 minutes.

Remove the Mushrooms and set aside in a separate bowl.

Allow the wok to heat again. Add more Oil and stir in the Chicken.

Continue to Stir until the Chicken cooks and begins to brown.

Remove the Chicken and set aside in a separate bowl.

Allow the wok to heat again. Add more Oil. Stir in the Ginger toothpicks and mix until covered with Oil.

Add the Carrots, Broccoli, and Brussels Sprouts.

Continue to stir for about 4 minutes.

Add the Bok Choy, Red Bell Pepper, Scallions, and Minced Garlic.

Continue to stir well and fry for another 3 minutes.

Add the Water Chestnuts and Bamboo Shoots.

Continue to stir well and fry for another minute.

Remove the Vegetables and set aside in a serving bowl.

Allow the wok to heat again. Stir in the Chicken and the Mushrooms.

Add the Sauce and bring to a low boil until the Sauce thickens.

Add 1 Tablespoon Sesame Seeds.

Remove the Chicken and Mushrooms, and set aside in a serving bowl.

Allow the wok to heat again. Add more Oil and stir in the Rice. Sprinkle 1 Tablespoons Sesame Seeds across the Rice and mix well until fully integrated.

Remove from heat and move the Rice to a Serving bowl.

Serve the Vegetables over a bed of Rice and add the Mushroom and Chicken with the Sauce.