

General Tao Tofu and coliflower, pineapple sweet and sour sauce, Kaffir lime flavored rice

Recette pour 12 Tapas

Description

Everything's in there! Crispy deep fried chicken with an amazing sweet and sour sauce. Rice and sauteed vegetables.

Ingrédients

Chicken

- 0.50 Unit(s) Cauliflower
- 500 Ml Tempura mix
- 310 Ml Cold water
- 350 Gr Tofu firm
- 20 Leaf(ves) Coriander
- 1 Tbsp Sesame seeds

Sweet & sour sauce

- 1 Tbsp Fresh ginger
- 2 Clove(s) Garlic
- 1 Tsp Chili flakes
- 1 Tsp Roasted sesame oil
- 100 Gr Brown sugar
- 75 Ml Hoisin sauce
- 75 Ml Soy sauce
- 75 Ml Rice vinegar
- 125 Ml Pineapple juice
- 200 Ml Vegetable stock
- 0.25 Unit(s) Pineapple
- 2 Tbsp Cornstarch

Rice

- 250 Ml Basmati rice
- 375 Ml Vegetable stock
- 4 Unit(s) Kafir lime leaves

Vegetables

- 8 Unit(s) Green onion
- 1 Unit(s) Red pepper
- 1 Unit(s) Carrot

Préparations

Temps de préparation **50.00 mins**

Préchauffez votre Fried à 375.00 F°

Mise-en-place

Chop the garlic and the ginger.

Cut the chicken into half an inch cubes.

Cut the peppers and the carrots into juliennes.

Cut the spring onions into 2 batches; the green part for dressing and decoration (bevel) the other one, the white part very finely as we'll be using it for the sauteed part in the wok.

Make cubes out of the pineapple.

Rice

Bring to a boil the kaffir leaves and the broth. Rinse the rice 2 times under cold water.

Add the rice to the broth and bring to a boil. Once that is set, lower down the heat to medium, cover, and let it cook for a good 15mins. Cover off, clean and dry rag on top, cover back on it and let the rice rest for 5mins.

Sweet & sour sauce

In a sauce pan, heat up the garlic and the ginger in the sesame oil a couple minutes on medium-high heat. Add in the vinegar, the brown sugar and the chilli flakes. Once a nice smooth paste is made out of it, put all the remaining ingredients and put the heat back to low. Delay the cornstarch into a little bit of water and then pour it into the sauce. Bring the heat back up until everything thickens up.

Chicken

Start off by seasoning the chicken properly. Bread everything and deep fry the chicken until golden brown. Make sure the internal temperature reaches 72C, into the thickest part. You can finish it slowly in the oven at 350F for 12-15mins if in doubts.

Vegetable wok & montage

Heat up the wok on high heat for 5 mins, then add the vegetable oil. Sautee the carrots and the pepper until *al dente* and then add the spring onions and keep on cooking everything. Serve directly on the rice. Flip the pieces of chicken into the sauce and the very last moment.

Plating

Bon appétit!