

Wagner Farms Recipes:

General Tsao Chicken Stir Fry: our stir fry dish is my favorite dish. Time is needed to make this dish, using the freshest ingredients is important for best results. All ingredients melt together in this dish and will keep you coming back for seconds and thirds, there is no such thing as enough when you make this dish for your family. We like using extra amounts of chicken to insure everyone get enough to eat. Please ENJOY!

Ingredients:

Green pepper
Red pepper
Spanish Onion
Broccoli
Cauliflower
Carrots thinly sliced
Potatoes yukon gold pre boiled and cut into small pieces
Water Chestnuts
Cashew halves
Chicken- lots of it... we use about 4-6 boneless breast pieces cut into 3/4" pieces
General Tsao sauce 2-3 bottles

Prep:

All ingredients need to be lightly sauted in oil to precook and soften, we do them as groups of similar items and allow them to cool slightly in a bowl after cooking.
The Chicken needs to be cooked and lightly browned by itself and kept separate until final combination to insure proper food safety. Remember to wash hand and all utensils after handling the chicken.

Final combination:

In a large pan or stir fry pan combine all ingredients and then add enough Sauce to your liking, the more the better... We use General Tsao Sauce. Stir and cook for 5-15 minutes as needed to thicken sauce and soften produce.

Variations:

You may wish to add other produce items, or change sauce to a different type, change the meat to something of your liking also.

Remember food safety while cooking with meats and produce in the same dishes, make sure every ingredient is fully cooked and at proper temp.