



## Stir-Fried Chicken & Vegetables with Ginger Sauce & Carmel Apple Dip

Market Fresh Meals 2017 Episode Four

Serves a family of 4



### Stir-Fried Chicken & Vegetables with Ginger Sauce

- 1 lb. chicken breasts, sliced
- 3 T. soy sauce
- 1 T. dry sherry
- 2 T. chicken broth
- 2 T. brown sugar
- 1 t. sesame oil
- 1 t. cornstarch
- 6 medium garlic cloves, minced
- 3 T. peanut or vegetable oil
- 1 1/4 lb. vegetables
- 1/3 c. water

\*We used; carrots, bok choy, cabbage, snow peas, beans, and zucchini

#### Directions:

Marinate sliced chicken in soy sauce, up to one hour. Whisk sherry, broth, sugar, sesame oil and cornstarch in a small bowl. Combine garlic, ginger, and 1 1/2 t. peanut oil in a small bowl. Heat 1 1/2 t. peanut oil in a skillet over high heat and cook meat about 2 minutes. Cook vegetables in batches, adding 1 1/2 t. peanut oil each time, until all have been cooked tender crisp. Placing the vegetables aside. Cook garlic ginger mixtures for about 20 seconds in the center of the skillet, add vegetables, meat, and pour over sauce. Cook another minute, until sauce thickens. Remove from heat. Serve over rice.

### Caramel Apple Dip

- 12 crisp apples
- 1 1/3 c. dark corn syrup
- 1 1/3 c. granulated sugar
- 1 1/3 c. light brown sugar
- 1 1/3 c. heavy cream
- 1/4 tsp. salt
- 3 tbsp. butter
- 3/4 tsp vanilla extract

Combine syrup, sugars, heavy cream, and salt in a saucepan over medium-high heat. Simmer until the mixture reaches 270\* F ~ 15 mins. Remove from heat, stir in the butter and vanilla. Pour into a glass serving container. Let cool for 6-8 mins until caramel thickens to a toffee like consistency. Slice apples dip and enjoy!

You can view this episode online at [www.sheboygancountyinterfaith.org/farmers-market](http://www.sheboygancountyinterfaith.org/farmers-market) or through the WSCS Website.

This series was made possible by



The recipe card was made possible by Relish Kitchen Store