

Honey CHICKEN

Many versions make the sauce far too sweet and thick, so I very deliberately make my sauce not overly sweet and balanced with a touch of savoury. The sauce clings to the crust which is why there is not loads pooled on the plate.

Chicken

8oz/250g chicken thigh fillets,
cut into 1 1/2cm pieces
Salt and white pepper

Batter

3 tablespoons all-purpose flour
3 tablespoons cornstarch/
cornflour
1/2 teaspoon baking powder
4 1/2 tablespoons ice cold water
Oil for frying

Sauce

4 tablespoons honey
1 tablespoon Stir Fry Sauce
1/3 cup water
1 clove garlic, minced
1 teaspoon rice vinegar (or apple
cider vinegar)
Garnish
Sesame seeds
Sliced scallions/shallots

- 1** Sprinkle chicken with salt and pepper. Mix Batter in a small bowl until lump free. Place chicken in Batter.
- 2** Place Sauce ingredients in a small saucepan over medium heat. Bring to simmer, and cook, stirring until it is a syrup consistency. Set aside.
- 3** Heat 5cm/2" of oil in a wok over medium high heat to 350F/180C using a thermometer¹. Working in 2 batches, use your fingers to pick up a piece of chicken, shake off excess batter, and place in the oil. Cook in until puffed and golden brown. Transfer to paper towel lined plate. *Optional step for extra crispy chicken: Increase heat to high and fry chicken again until deep golden brown.*
- 4** Place chicken in a bowl and pour Sauce over and toss to coat. Transfer to serving plate. Sprinkle with sesame seeds and scallions.

¹. If you don't have an oil thermometer, test the oil by dropping in a bit of batter. If it sizzles and floats straight away, it is ready.