



棒棒鸡

## Shredded Chicken with Peanut Sauce

### Ingredients

2 chicken breasts, boned	2 Tbsp. (24 g.) sugar
Enough water to cover the chicken	2 Tbsp. (30 ml.) sesame oil
6 Tbsp. (85 g.) peanut butter	2 Tbsp. (15 g.) cilantro (coriander) or scallions (spring onions), shredded
3 Tbsp. (45 ml.) soy sauce	
1 Tbsp. (15 ml.) white vinegar	

*In China, this dish is usually made with sesame paste rather than peanut butter, but they work equally well alone or in combination.*

Bring a quart of water to a boil in a pot. Drop the chicken breasts in the boiling water and boil them until they are cooked completely through. You may want to check every so often by cutting into one breast to see if the meat is still at all pink. But do not overcook the chicken; once the meat is completely white, remove it from the water immediately and allow it to cool.

When the chicken has cooled down, shred both breasts by hand, pulling off matchstick-sized pieces. You can slice the chicken with a knife if you are in a hurry, but it's not recommended. For this dish, hand-shredding is traditional, and gives a more pleasing texture.

Mix together the peanut butter, soy sauce, vinegar and sugar, and microwave the mixture for about 15 seconds until the peanut butter melts and the mixture is a consistent paste. Then add the sesame oil. Mix the cilantro or scallions with the chicken shreds and arrange on a serving plate. Then pour the sauce on top. Typically, the chicken and sauce are mixed together on the table. Serve cold.

### The Hundred Chicken Banquet



Mao's wife, Jiang Qing, asserted control over the Communist Party's leadership of the cultural life of the nation, and by the late 1960s, only eight "model operas," each with a revolutionary theme, were permitted to be performed. One such play, called "Taking Tiger Mountain by Strategy," was based on the true story of a 1946 incident in the Chinese civil war in which a Communist operative in Manchuria disguised himself in order to kill mountain bandits who had been paid by Nationalist forces to destroy the Communists. Posing as a fellow traveler, he infiltrated a birthday banquet given by a local bandit in which 100 chickens were served. He led an attack in which all the guests were killed, and the Communists gained control of the entire region as a result.