

# Mango Chicken

This might be called “Nouvelle Hong Kong” or “Southeast Asia Meets Hong Kong.” It is an exotic and unlikely combination. I have had this dish several times in Hong Kong and found it delicious every time. The rich sweetness and soft texture of the mango works extremely well with the delicate taste of the chicken. The mango is cooked for a short time, just enough to warm it through. Mangoes are very popular in Hong Kong. They are imported from Thailand and the Philippines. They are one of the best liked of all tropical fruits and, as this recipe indicates, they mix well with other distinctively flavored foods.

## SERVES 4

1 lb (450g) boneless, skinless chicken breasts, cut into 1 in (2.5cm) pieces  
1 egg white  
2 tsp (10ml) cornstarch  
2 tsp (10ml) sesame oil  
salt and black pepper  
2½ cups (600ml) peanut or vegetable oil, or water, plus 1½ tbsp (22ml) oil  
1 tbsp (15ml) finely chopped fresh ginger  
1 tbsp (15ml) finely chopped garlic  
1½ tbsp (22ml) Shaoxing rice wine or dry sherry  
2 mangoes, peeled and cut into 1 in (2.5cm) pieces

## FOR THE GARNISH

1 tbsp (15ml) finely chopped fresh cilantro

Put the chicken pieces into a bowl with the egg white, cornstarch, 1 tsp (5ml) of sesame oil, 1 tsp (5ml) of salt and black pepper to taste. Mix well and refrigerate for about 20 minutes.

Heat a wok or large skillet until it is very hot and add the 2½ cups (600ml) of oil (if using water, see below). When it is very hot, remove the wok from the heat and immediately add the chicken pieces, stirring vigorously to keep them from sticking together. After about 2 minutes, when the chicken has turned white, quickly drain it in a stainless steel colander set over a bowl. Discard the oil.

If you choose to use water instead of oil, bring it to a boil in a saucepan. Remove the saucepan from the heat and immediately add the chicken pieces, stirring vigorously to keep them from sticking together. After about 2 minutes, when the chicken has turned white, quickly drain it in a stainless steel colander set over a bowl. Discard the water.

Add the remaining 1½ tbsp (22ml) of oil to the saucepan and reheat. Add the ginger and garlic and stir-fry for 30 seconds. Then add the rice wine, 1 tsp (5ml) of salt, the remaining 1 tsp (5ml) of sesame oil and the mango. Stir-fry gently for 2 minutes, or until the mango is heated through. Add the drained chicken and stir gently to mix well. Garnish with the cilantro, turn onto a platter and serve at once.

