

STIR-FRIED CHICKEN WITH VEGGIES IN SESAME-ORANGE SAUCE

(adapted from several sources)

for the sous-vide:

1 pound boneless, skinless chicken breasts

2 tsp olive oil

grated ginger and salt to taste

for the sauce:

¼ cup ponzu sauce

1 tablespoons toasted sesame oil

1 teaspoon fish sauce

1 ½ teaspoons tapioca flour

grated zest of 1/2 orange plus 1/3 cup juice

for the stir-fry:

1 tablespoon olive oil (or other oil of your choice)

Chicken cooked sous-vide, sliced thin

1 pound broccoli florets, cut into 1-inch pieces

4 carrots, peeled and sliced ¼ inch thick

salt and red pepper flakes to taste

lemon juice to taste

toasted sesame seeds (optional)

Place the chicken breast rubbed with the olive oil and seasoned with ginger and salt inside a food-safe plastic bag. No need to seal with vacuum, but you can if you prefer. Place chicken in sous-vide at 150F and cook for 3 to 4 hours. Time is flexible, you can leave it longer if needed, but don't let it go past 6 hours at that temperature.

Whisk all ingredients for the sauce in a small bowl, and reserve. Heat the olive oil in a wok or large non-stick skillet (12 inch) over very high heat until almost smoking. Add the broccoli and carrots, season with salt and red pepper flakes, stir-fry for a couple of minutes. When the veggies start to get some browned spots, pour 1/3 cup water in the pan and cover with a lid. Cook for 2 to 3 minutes more, open the lid and check that the veggies are tender. If there is any liquid in the pan, let it evaporate.

Add the chicken slices previously cooked, move the pieces around to warm them through. Add the reserved sauce, and simmer everything together until the sauce is slightly thickened. Squirt some lemon juice right before serving, and sprinkle with sesame seeds, if so desired.