

Jerry shares a recipe for stir fried leeks and chicken

By Jerry Marlowe
Special to The T-R

Dear kind readers, hopefully you may be in pursuit of yet another palatable and very edible recipe. This one comes from my true ethnic roots of a Welsh heritage. Grandma Sara Reese brought this one by boat all the way from Cardiff Whales along with her coal miner brother John.

I was so fortunate to be placed over at their home in New Philadelphia every weekend while my mom and dad were running their new drug store.

Sundays were truly memorable with all the relatives feasting on her wonderful Welsh cuisine. That French word for great food would have been way to fancy for Sara's vocabulary. Please just trust me, it was plain old good eats. So please round up the very wonderful ingredients for the following very edible ethnic eating from my past.

With apologies to Grandma, I did embellish her original formula with



Marlowe

some additional ingredients which were not around in Dover and New Philadelphia back in the 1940s.

Stir-fried leeks and chicken

2 Tbs. Peanut Oil

1 Cup of leeks (slice on diagonal after removing sand and dirt from between layers in very thin slices)

1 Tbs. finely chopped garlic

1 whole chicken breast, boned and skin removed (cut against the grain in thin 1/2-inch slivers)

1/2 red pepper, sliced lengthwise in 1/4-inch slices

6 to 8 mushrooms, sliced lengthwise in 1/4-inch slices

2 Tsp. minced ginger root

1 tsp. roasted Szechwan peppercorns

1 Tbs. granulated sugar

1 Tbs. rice vinegar

2 Tbs. Oriental sesame oil

3 oz. chicken stock

2 Tbs. Oyster sauce

1 Tbs. Light soy sauce

2 Tbs. cornstarch in Tbs. water

Heat wok, add oil; add garlic until it browns lightly and remove. Stir fry chicken slices until just cooked (cut one in half with your spatula, should be a bit pink in the middle as it will cook more when it sits). Remove chicken to a warm bowl. Add a tablespoon more of oil if needed to oil in which chicken was fried. Stir fry red pepper, mushrooms, ginger, leeks and peppercorns for one minute.

Add in sugar, vinegar, oil, oyster sauce and soy sauce and just enough stock to get it wet. Put lid on and steam for a minute. Remove lid and if liquid is too thin add a small amount of cornstarch and water mixture and boil until it thickens. This will only take a few seconds. Add back the chicken and stir and mix together and serve with steamed or boiled rice.