

Chicken Lo Mein

Adapted by Our Young Chefs from
"America's Test Kitchen Healthy Family Cookbook"
Makes 6 servings



Lo Mein is a versatile dish that can be made according to the recipe with the ingredients listed OR it could be the perfect way to use up leftovers. Whether you make it spicy or not, it will not be short on flavor. Narrow flat noodles made with white flour are traditional in lo mein; however, whole-grain spaghetti or linguine can be substituted with excellent results.

INGREDIENTS

1½ pounds boneless, skinless
chicken breasts, cut into
 $\frac{1}{8}$ - to $\frac{1}{4}$ -inch slices

$\frac{1}{4}$ cup *plus* $1\frac{1}{2}$ tablespoons
low-sodium soy sauce
 $3\frac{1}{2}$ tablespoons oyster-flavored
sauce
 $1\frac{1}{2}$ tablespoons toasted sesame
oil
 $\frac{1}{4}$ teaspoon five-spice powder
(optional)

$\frac{1}{4}$ cup flavoring mixture
(prepared above)
 $\frac{3}{4}$ cup low-sodium chicken broth
2 teaspoons cornstarch

Remaining flavor mixture
(prepared above)
Sliced chicken breasts
(prepared earlier)

12 ounces shiitake mushrooms,
cleaned, stemmed, halved
OR white button or cremini
mushrooms, cleaned, sliced
vertically $\frac{1}{8}$ - to $\frac{1}{4}$ -inch thick

DIRECTIONS

Prepare the chicken: Pat the **chicken breasts** dry with paper towels; slice the **chicken breasts** across the grain into $\frac{1}{8}$ - to $\frac{1}{4}$ -inch thick slices. Set aside in a glass bowl *OR* a gallon zipclose plastic bag.

Prepare the lo mein flavoring mixture: In a small bowl or 1-cup liquid measuring cup, combine the **soy sauce**, **oyster-flavored sauce**, **toasted sesame oil** and **five-spice powder**; stir with a fork or small whisk to blend the **flavoring mixture**.

Prepare the flavored broth mixture: Measure $\frac{1}{4}$ cup of the **flavoring mixture** into a separate small bowl or 1-cup liquid measuring cup; whisk the **broth** and **cornstarch** into the **flavoring mixture**. Set this mixture on the counter next to the stove; it will be used to flavor the **lo mein** dish as one of the last steps.

Marinate the chicken: Pour the *remaining* amount of the **flavoring mixture** over the **chicken slices**; stir to coat the **chicken**, if the **chicken** is in a bowl. Cover. If the **chicken** is in a zipclose bag, add the **flavoring**, seal the bag; turn and massage the bag to distribute the **flavoring mixture**. Refrigerate for 30 to 60 minutes.

Prepare the vegetables: Lightly rinse the **mushrooms** with cool water, remove any visible dirt on the **mushrooms**, wiping with a damp paper towel; pat the **mushrooms** dry with a towel or paper towel. If using **shiitake mushrooms**, remove and discard the stems; halve the caps/tops. If using **white button** or **cremini mushrooms**, slice vertically through the **stem** and **mushroom cap** to create $\frac{1}{8}$ - to $\frac{1}{4}$ -inch thick slices. Place the prepared **mushrooms** in a bowl; set the bowl next to the stove ready for cooking later. ➡

$\frac{1}{2}$ head Napa cabbage or $\frac{1}{4}$ head American cabbage (about 1 pound), cored and sliced crosswise $\frac{1}{2}$ - to $\frac{3}{4}$ -inch thick



Napa cabbage

"American" cabbage



Cabbage: Remove and discard any outer damaged leaves of the **cabbage**. If preparing **Napa cabbage**, cut in half lengthwise; place one **cabbage** half, flat side down, on the cutting board. Using a sharp knife, cut the half crosswise into $\frac{1}{2}$ - to $\frac{3}{4}$ -inch wide slices.



Slicing Napa cabbage

If preparing **American cabbage**, cut a half of **cabbage** in half (to make quarters). Cut off the core of 1 **cabbage** quarter; cut the **cabbage** wedge crosswise into $\frac{1}{2}$ - to $\frac{3}{4}$ -inch wide slices.

Place the **sliced cabbage** in a bowl; set the bowl next to the stove ready for cooking later.

8 scallions, sliced crosswise into $\frac{1}{8}$ -inch slices

Scallions: Wash the **scallions** under cool running water; pat dry. Cut off the **root ends** and any **wilted green parts** from the top; discard. Slice both the **white** and **green parts** of the **scallions** crosswise into $\frac{1}{8}$ -inch lengths. Place in a small bowl; set aside.

1 tablespoon fresh ginger, grated

Ginger: Rinse the fresh **ginger** under cool running water. Peel the **ginger** by scraping the outside with a spoon. Grate using a coarse microplane or a grater to yield 1 **tablespoon**; add to the bowl with the **scallions**.

3 garlic cloves, finely diced

Garlic: Prepare the **garlic** by one of two methods: finely dice with a knife *OR* pass through a garlic press. Add to the bowl with the **scallions** and **ginger**; place the bowl next to the stove ready for cooking later.

4 quarts water
1 tablespoon salt
10 to 12 ounces whole wheat spaghetti *OR* linguine

Prepare the spaghetti/noodles: Bring the **water** to a vigorous boil in a large pot; when the water comes to a boil, add the **salt**, stir. While the **water** is coming to a boil, break the **raw spaghetti noodles** in half. * When the **water** boils, add the **spaghetti**; cook, stirring occasionally, for about 1 minute less than is suggested on the **pasta's** package directions. Drain the **spaghetti**; leave in the colander. After draining the **pasta** stir in $1\frac{1}{2}$ **teaspoons** **sesame oil** to prevent the noodles from clumping (this can be done while the **pasta** is in the colander). Set aside until needed later. \Rightarrow

$1\frac{1}{2}$ teaspoons toasted sesame oil



Technique to break raw noodles in half while still in the box

* It is not essential that the raw spaghetti or linguine noodles be broken in half, but it is easier to stir and sauté the dish, and later, serve when the pasta is in half lengths as opposed to full lengths. The easiest and cleanest method to break long strands of pasta is to break the pasta while still in the box. Do not open the box; grip each end of the closed box, center it on the edge of the counter and gently bend until the pasta begins to break. Turn the box over; repeat bending in the opposite direction. Open the box; empty it into the boiling water. This method contains stray noodles that would ordinarily scatter around the kitchen when breaking noodles outside of the box.

1 tablespoon canola oil
Half of the marinated sliced chicken
(prepared earlier)
3 tablespoons Chinese rice cooking
wine or dry sherry

Assemble and cook the lo mein: Preheat the oven to 200°F. While the **spaghetti** is cooking, heat the **canola oil** in a large Dutch oven over high heat until just smoking. Add **half** of the **marinated chicken**, break up any clumps. Cook until lightly browned but not fully cooked, about 3 minutes, turning once during the cooking time. Stir in **3 tablespoons wine**; cook until the liquid is nearly evaporated, about 1 minute. Transfer to an ovenproof bowl; cover with foil. Place the bowl in the 200°F oven to keep the **chicken** warm.

1 tablespoon canola oil
Remaining marinated sliced chicken
(prepared earlier)
3 tablespoons Chinese cooking rice
wine or dry sherry

Cook the remaining chicken: Repeat the cooking process as above with **1 tablespoon** more **canola oil**, the **remaining chicken** and an additional **3 tablespoons wine**. When cooked, transfer to the bowl of **chicken** cooked earlier; keep warm, covered with foil, in the 200°F oven until added to the **lo mein** later.

1 tablespoon canola oil
Mushrooms, halved *OR* sliced
(prepared earlier)
Cabbage, sliced *(prepared earlier)*
Scallions, ginger and garlic
(prepared earlier)

Add the vegetables: Wipe the pan dry with a paper towel. Add the remaining **1 tablespoon oil** and heat over high heat until shimmering. Add the **mushrooms**; cook, stirring occasionally, until lightly browned, 4 to 6 minutes. Stir in the **cabbage**; cook, stirring occasionally, until beginning to wilt, about 2 minutes. Stir in the **scallions, ginger** and **garlic** that were combined in a bowl; cook until fragrant, about 30 seconds.

Soy sauce-cornstarch flavoring
mixture *(prepared earlier)*
Cooked marinated chicken *(prepared
earlier)*
Cooked spaghetti or linguine
(prepared earlier)
2 teaspoons sriracha sauce
(optional)

Flavor, finish and serve: Whisk the **soy sauce-cornstarch flavoring mixture** to loosen the **cornstarch** from the bottom of the container and combine the ingredients; stir the **flavoring mixture** into the **lo mein**. Stir in the cooked **chicken**, with any accumulated juice. Bring to a simmer; cook until the **sauce** has thickened slightly and the **chicken** is heated through, about 1 minute. Add the cooked **pasta** and **sriracha**; toss until combined and heated through. Serve immediately.
