

Creamy Chicken Stew

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● Ingredients (Serves 2)

½ lb. Chicken Breast or Thigh

1 Carrot

1 Onion

4 Taros

2 Tbsp. Margarine

3 Tbsp. Flour

½ tsp. Salt

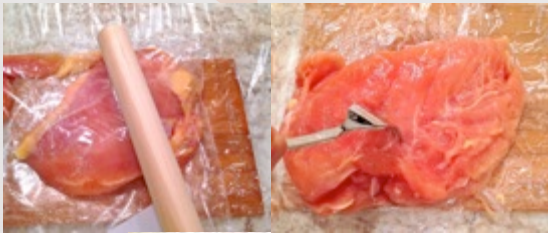
¼ tsp. Black Pepper

1 ⅓ cups Chicken Stock

1 ¾ cups Soy Milk

● Prepare Chicken Breast

If using chicken breast start preparing the day before you want to cook the meal. You don't need to do this if you use chicken thigh.



Beat chicken breast with rolling pin and plunge a fork all over into the meat.



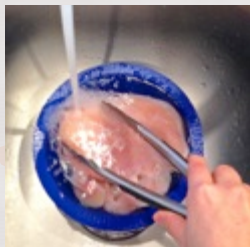
Take off the fat.



Combine the chicken, $\frac{1}{2}$ tablespoon of baking soda, 1 teaspoon of salt and $\frac{1}{2}$ cup of water in a zipper bag.



Put it in the refrigerator for about 24 hours. This process will make the chicken breast nice and tender .

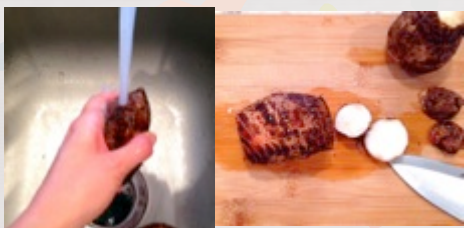


After the 24 hours, rinse the chicken with water.



Cut into bite-size pieces.

● Prepare Taro



Wash 4 taros and cut off both ends of each.



Put the taro in a pan with just enough water to cover the taro, and cook over medium heat.
When it boils, cook for 10 minutes over medium-low heat.



After 10 minutes, cool the taro down to the point where you can peel the skin with your fingers.



Cut into 4 equal parts.



Mince a peeled onion.



Cut a peeled carrot into bite-size pieces.

● Cook



Heat 2 Tbsp. of margarine over medium-high heat in a deep pan.



Cook the chicken until it turns white.



Add the onion and the carrot and stir for 3 minutes or so.



Sprinkle 3 Tbsp. of flour and stir.
Try not to scorch.



Pour $1\frac{1}{3}$ cups of chicken stock into the pan and add the taro.

Simmer over medium-high heat for 10 minutes.



After the 10 minutes, add $1\frac{3}{4}$ cups of soy milk, $\frac{1}{2}$ tsp. of salt and $\frac{1}{4}$ tsp. of black pepper.

Simmer over medium-low heat for 15 minutes.

● Serve



After the 15 minutes, stir to make sure every vegetables is tender.

