

"Salt and pepper chicken has always fascinated me — such a simple dish yet bursting with flavor. I first learned to make it while working alongside Asian chefs in the UK, and I was amazed at how the balance of spice, salt, and crispness came together. I've given it my Bermudian twist with a little heat and a lighter touch on the batter. It's one of those dishes that never fails to excite — quick, bold, and full of life, just like the islands."



Ingredients

For the Chicken:

- 500g boneless chicken breast, cut into bite-sized pieces
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 2 tbsp cornstarch (plus extra for coating)
- Pinch of salt and white pepper

For the Stir-Fry Seasoning:

- 1 small onion, sliced
- 1 green bell pepper, chopped
- 2 spring onions, chopped
- 2 garlic cloves, minced
- 1 red chili, finely sliced (optional for heat)

For the Salt & Pepper Mix:

- 1 tbsp sea salt
- 1 tbsp black pepper
- ½ tsp Chinese five spice
- ½ tsp chili flakes (optional)

For Frying:

- Oil for deep or shallow frying



Chinese Salt & Pepper Chicken



Serves: 2-3



Prep Time: 15 mins |

Cook Time: 15 mins |

Total Time: 30 mins

Method

1. Marinate the Chicken:
2. In a bowl, mix soy sauce, sesame oil, vinegar, salt, and pepper. Add chicken and marinate for 10 minutes. Toss with cornstarch to coat evenly.
3. Fry the Chicken:
4. Heat oil in a deep pan to 180°C (350°F). Fry chicken pieces in batches until golden and crispy (about 4–5 minutes). Drain on paper towels.
5. Prepare the Aromatics:
6. In a separate wok or skillet, add a drizzle of oil. Stir-fry garlic, onion, chili, and bell pepper for 1–2 minutes until fragrant.
7. Combine:
8. Add the fried chicken to the wok, sprinkle over the salt & pepper mix, and toss quickly to coat everything evenly.
9. Finish:
10. Stir in chopped spring onions, toss one last time, and serve immediately.

CHEF WILL'S TIPS:

- Chef Will's Tip 🍴
- For extra crunch, double-fry your chicken — once to cook it through, then again for 30 seconds before serving. It keeps the outside crispy and the inside perfectly tender.
- Chef William Smith Local
- 🌐 www.willsmithkitchen.com
- 📱 @WillSmithKitchen | "Bringing Local Flavor to Every Table"