

Orange Chicken

(Serves 6-8)

2 lbs boneless skinless chicken breasts
cut into 1" cubes
1 cup panko bread crumbs
2 eggs, beaten
1 ½ cups corn starch
¼ teaspoon salt
¼ teaspoon pepper
Oil (for frying)



Sauce

1 ½ cups water
1/4 cup orange juice
1/3 cup rice vinegar
2 ½ tablespoons soy sauce
1 tablespoon orange zest, grated
1 cup packed brown sugar
½ teaspoon ginger root, minced
½ teaspoon garlic, minced
2 tablespoons green onion, chopped
¼ teaspoon red pepper flakes
3 tablespoons cornstarch
2 tablespoons water

Instructions:

Prepare sauce first: In a large saucepan combine 1 ½ cups water, orange juice, rice vinegar, and soy sauce. Blend well over medium heat for a few minutes. Stir in brown sugar, orange zest, ginger, garlic and red pepper flakes. Bring to a boil.

Heat skillet or frying pan with vegetable oil to 375-degrees.

Prepare three bowls for dipping the chicken: one bowl with beaten eggs, another with Panko bread crumbs, another with corn starch, salt, and pepper. Dip chicken in egg mixture, dredge in cornstarch, then again in the eggs and finally in the panko bread crumbs. Fry chicken in batches until completely cooked.

While cooking the chicken, finish the sauce: Combine 3 tablespoons of cornstarch with 2 tablespoons of water and mix thoroughly. Slowly stir cornstarch mixture into boiling sauce and stir until it thickens. Turn off burner and let cool slightly.

Pour sauce over cooked chicken, and if desired garnish with green onions.