

Orange Chicken

written by The Recipe Exchange | September 1, 2015

Ingredients

Vegetable Or Peanut Oil For Frying

Chicken

4 whole Egg Whites

2 Tablespoons Cornstarch

4 whole Boneless, Skinless Chicken Thighs, Cut Into Bite Sized Pieces

Sauce:

1/2 cup Orange Juice

1 Tablespoon Soy Sauce

1 Tablespoon Packed Brown Sugar (OR White Sugar OR Honey)

1 Tablespoon Rice Vinegar (or Regular Distilled Vinegar)

1/4 teaspoon Sesame Oil

Dash Of Salt

Dash Of Crushed Red Pepper, More To Taste

1 clove Garlic, Pressed Or Minced

2 teaspoons Minced Ginger

1 teaspoon Cornstarch (additional)

Zest Of 1 Orange (optional)

1/4 cup Water

2 whole Green Onions, Sliced

Directions

For the chicken: In a large bowl, whisk together the cornstarch and egg whites with a fork until almost frothy, about 1 minute. Add the chicken to the mixture and allow to sit for 5 to 10 minutes.

For the sauce: Meanwhile, put the orange juice, soy sauce, sugar, vinegar, sesame oil, salt, crushed red pepper, garlic and ginger (and orange zest, if using) in a small nonstick skillet and whisk together. Heat until bubbling and starting to thicken, about 3-4 minutes.

Whisk together the cornstarch and 1/4 cup water in a small bowl and add 1 to 2 tablespoons of the cornstarch slurry to the sauce. Mix in and thicken for 1 minute. (If sauce gets overly thick, just add in another 1/4 cup water and whisk in.)

Heat about 2 inches of vegetable oil in a heavy-bottomed pot until a deep-fry thermometer inserted in the oil registers 350 degrees F. In batches, carefully drop a few pieces of chicken into the oil (drop them in one by one to keep them from sticking together) and move it around, 2-3 minutes or until light golden. Let the pieces drain on a plate lined with paper towels for 2 to 3 minutes. Then drop them back into the oil for 1 minute to really solidify the coating.

Toss the chicken in the sauce and serve immediately with orange zest and sliced green onions on the top.