

Orange Chicken

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
chicken breasts or thighs	2 pounds	
oranges	3	cut into bite-sized pieces for the dried peel
soy sauce	2 TBLSP	
dry Sherry	2 TBLSP	
black rice vinegar	2 TBLSP	
Chinese rice vinegar	3 TBLSP	
Mirin	1 TBLSP	
toasted sesame oil	2 tsp	
hot toasted sesame oil	¾ tsp	
grated orange zest	2 tsp	
fresh orange juice	¾ cup	
cornstarch	2 TBLSP	
salt	1 ½ tsp	
cornstarch	1 cup	
canola oil	3 cups or so, depending upon shape of pan	
Chinese sesame oil	2 TBLSP	
dried orange peel	2 TBLSP	cut into chunks
fresh ginger	1 TBLSP	minced
chili pepper flakes	¼ tsp	
scallions	4 TBLSP	sliced (2 to 3 scallions)
snow peas or broccoli	about 3 cups	

- Using a vegetable peeler, peel the skin (not the white) from 3 oranges. Place the peels on a cooking sheet in a 200 deg F oven for 30 minutes to make dried orange peel.
- Make the sauce by whisking together ingredients from soy sauce to cornstarch. Adjust to taste.
- Put the salt & cornstarch into a gallon ziplock baggie. Toss the chicken pieces into the bag, seal it, & shake until all chicken pieces are equally covered.
- Heat canola oil to 375 deg F in a Dutch oven. Add coated chicken pieces & deep-fry chicken for 2 minutes. Remove the chicken & set aside. Keep frying in batches, waiting for the oil to return to temperature in between. When finished, let the oil cool so you can pour it into a container to throw away later.
- Heat the sesame oil in a wok to 375 deg F. Stir-fry the orange peel, ginger, chili pepper flakes, and scallions for 1 minute.
- If using broccoli, stir fry it in the wok for 4 minutes.
- Add the sauce, and stir constantly for 2 more minutes.
- Add the chicken, and stir-fry for 2 minutes.
- Turn off the heat, and toss in the snow pea halves, if using snow peas.
- Serve with rice.