BETTER THAN TAKE-OUT
ORANGE CHICKEN

serves 4

INGREDIENTS

2 lbs boneless chicken breasts or thighs, diced into 1-inch cubes
2 cups flour
4 eggs beaten
2 cups breadcrumbs
salt and pepper to taste

for the orange sauce:
1 ½ cups water
¼ cup orange juice
1/4 rice vinegar
1 tablespoon sesame oil
3 tablespoons soy sauce
½ cup brown sugar, packed
½ teaspoon ginger, minced
3 cloves garlic, minced
¼ teaspoon red pepper flakes, optional
2 tablespoons cornstarch

METHOD

In a large saucepan combine water, orange juice, rice vinegar, soy sauce, and sesame oil. Stir until blended over medium heat for a few minutes.

Stir in brown sugar, ginger, garlic, and red pepper flakes if using.

Combine 3 tablespoons of cornstarch with 2 tablespoons of water and mix thoroughly. Slowly stir the cornstarch mixture into the sauce and simmer until thickened. Reduce heat to a slow simmer while you prepare the chicken.

Preheat the oven to 375 degrees.

Prepare a bowl with beaten eggs seasoned with salt and pepper. In a shallow bowl, combine flour, salt, pepper, and your favorite seasonings.

In a separate bowl or wide plate, measure out the breadcrumbs.

Using tongs or your hands, dip chicken pieces in the egg mixture, dredge with flour, then again in the egg mixture before finally coating in breadcrumbs. Repeat until all of the chicken is breaded.

Bake in a preheated oven for 15 minutes or until crispy and golden brown.

Pour sauce over the chicken, toss until well coated, and enjoy.