

Crispy Orange Chicken

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4 cups cooked white rice

1 pound chicken breasts or tenders, cut into bite size pieces

For the marinade and sauce:

1/2 cup water

1 cup orange juice

1 teaspoon orange zest

3 tablespoons white wine vinegar

3 tablespoons rice vinegar

1/2 cup low sodium soy sauce

1/2 cup brown sugar, packed

2 cloves garlic, minced

1 teaspoon black pepper

1/2 teaspoon salt

1 tablespoon cornstarch

2 tablespoons warm water

For the coating:

3 large egg whites

1 1/4 cups cornstarch

1 teaspoon baking soda

2 teaspoons chili powder

1/2 cup vegetable oil

To make the marinade and sauce: combine water, orange juice, orange zest, vinegars, soy sauce, brown sugar, garlic, salt and pepper in a large saucepan. Whisk together. Measure out about 3/4 cup of the sauce and transfer it to a gallon baggie. Add the chicken pieces to the sauce, pressing out the excess air and mixing with your hands. Let it marinate in the refrigerator for about 20-30 minutes, but no longer. Place the saucepan with the remaining mixture on the stove over medium high heat. Bring to a simmer, whisking occasionally. In a small bowl, combine cornstarch and water. Whisk to combine and pour into the sauce. Continue simmering and stirring for 2-3 minutes while the sauce thickens. Remove from heat and set aside.

To make the coating: put egg whites in a pie plate and whisk until frothy. In a second pie

plate, combine cornstarch, baking soda and chili powder, mix together. Heat up a large skillet over medium high heat with vegetable oil. Take the chicken out of the baggie using tongs and place on paper towels. Pat to dry. Place 1/3 of the chicken pieces in the egg whites, toss to coat. Then place them in the cornstarch mixture and coat thoroughly, shaking off excess. Place in the hot oil and fry for about 3-4 minutes on each side. Continue with remaining chicken pieces.

Reheat the sauce if necessary. Place all the chicken pieces in the sauce and stir carefully. Serve over rice.