Sweet and sour chicken



Ingredients you'll need:

**Chicken Dredge:**

Chicken thighs

egg

Salt

Msg

corn starch

all purpose flour

Sauce:

sugar

White vinegar

Soy sauce

Zest and juice of orange

vinegar

Corn starch

garlic

ginger

Red Fresno chilies

**Instructions:**

**Sauce:**

Add 3/4 cup of sugar and white vinegar to a saucepan

Third of a cup of soy sauce and water

zest and juice of an orange

turn on the heat and reduce by around 25%

separately mix together spoonful of corn starch and a small amount of water until all of the starch is incorporated into the liquid

whisk the mixture into the sauce and cook until the sauce has reached the desired thickness

grate a few cloves of garlic and half as much ginger and add to the sauce

finely chop and add as many chilies as wanted

**Chicken:**

Cut thighs into one inch cubes and season with salt, pepper, and MSG if desired

in a bowl combine 2 parts corn starch with 1 part flour and mix

in a separate bowl mix together a few eggs and a splash of water

A few pieces at a time, place the chicken in the flour mixture and shake to get any excess flour off, then do the same in the egg mixture – and once more in the flour mixture

To cook the chicken, prepare a frying pot with about 3 inches of oil and heat to 375 degrees

making sure not to crowd the pot, place chicken gently in the oil until a light golden brown, repeat until all chicken is cooked

toss chicken in sauce and serve