

## Orange Chicken with Scallions

**Serves 2-3**

*by Tony Rosenfeld from Fine Cooking*  
Issue 88

Make sure to get all of your slicing and dicing done first, because once you start cooking, things move quickly when making this stir-fry, which isn't overly sweet, but just sweet enough.

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**1 large navel orange**

**1 Tbs. soy sauce**

**1 Tbs. rice vinegar**

**2 tsp. light brown sugar**

**1/8 tsp. crushed red pepper flakes**

**1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes**

**3/4 tsp. kosher salt**

**2 large egg whites**

**1/3 cup cornstarch**

**3 to 4 Tbs. canola or peanut oil**

**4 scallions, trimmed and thinly sliced (keep whites and greens separate)**

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Using a vegetable peeler, shave the zest from the orange in long, wide strips. If necessary, remove any large patches of bitter white pith from the zest strips with a paring knife. Juice the orange into a small bowl and mix with the soy sauce, rice vinegar, brown sugar, and red pepper flakes.

Sprinkle the chicken with 1/2 tsp. of the salt. In a mini chopper or food processor, process the egg whites, cornstarch, and the remaining 1/4 tsp. salt until smooth. In a medium bowl, toss the chicken with the cornstarch batter.

Heat 2 Tbs. of the oil in a 12-inch nonstick skillet or large stir-fry pan over medium-high heat until shimmering hot. Using tongs, transfer about half the chicken to the pan. Reduce the heat to medium and cook, flipping every minute or so, until the chicken browns and crisps all over and is firm to the touch, 3 to 4 minutes. With clean tongs, transfer to a paper-towel-lined plate. Add the remaining 1 Tbs. oil to the skillet (or 2 Tbs. oil if the pan seems very dry) and repeat the cooking process with the remaining chicken; transfer to the plate.

Put the orange zest strips in the skillet and cook, stirring, until they darken in spots, 15 to 30 seconds. Stir the orange juice mixture and add it to the pan. Let it boil for about 10 seconds and then add the chicken and the scallion whites. Cook, stirring often, until the sauce reduces to a glaze and the chicken is just cooked through (check by cutting into a thicker piece), 1 to 2 minutes. If the chicken isn't cooked through but the glaze is cooking away, add a couple tablespoons of water and continue cooking. Serve sprinkled with the scallion greens.

**nutrition information (per serving):**

Size : based on three servings; Calories (kcal): 430; Fat (g): fat g 18; Fat Calories (kcal): 160; Saturated Fat (g): sat fat g 2; Protein (g): protein g 36; Monounsaturated Fat (g): 9; Carbohydrates (g): carbs g 30; Polyunsaturated Fat (g): 5; Sodium (mg): sodium mg 830; Cholesterol (mg): cholesterol mg 85; Fiber (g): fiber g 1;

★★★★☆ by MommyDot, 7/25/2014 I agree with other reviews, double the sauce, and add Frozen OJ and Asian garlic pepper sauce. My issue was not getting the chicken to brown. Looked like a pale cousin to the picture and there was no crispness. Taste was good, though. I love most of Tony's recipes.

★★☆☆☆ by Floridafoodie, 7/25/2012 OK but will not make it again. Boosted orange flavor by adding orange extract and frozen orange juice concentrate. Also sauted fresh ginger and garlic before I added the zest. One of the few things I like better at a restaurant. Husband liked it.

★★★★☆ by GBonnie, 11/7/2011 Easy and quick to make. My husband loved it. Will make again.

★★★★☆ by dsraymond, 9/8/2011 The dish turned out just fine having read the previous reviews and knowing it needs a bit of help. To enhance the flavor after removing the zest from the orange I soaked it in a bit of Canola oil to keep it moist and then used that oil when I added the orange rind to the wok. The second thing I did was to use a tablespoon of frozen orange juice concentrate. This I feel definitely enhanced the orange flavor which was still delicate but enough to get the orange flavor.

★★★★☆ by Jason123, 1/14/2011 I've made this a couple of times and have found it to be a delicious and easy dish to make. I agree totally with the reviews that suggest a boost in flavour with additional chilis and orange and, in fact, find reviews with suggestions very helpful. Offensive reviews such as the one referring to "garbage", I find destructive and say more about the reviewer than the dish.

★★★☆☆ by manena72, 10/25/2010 It was easy to make but kind of bland so I added about 1/2 teaspoon of orange extract and that made it much better. I would make this again if I was really craving it, but didn't become a favorite.

★★★☆☆ by CaroleNJ, 10/20/2010 I actually would have rated this recipe higher as it's one of my favourites and I specifically searched for it since I can't find my copy of the print magazine. However, I do agree that it's a bit bland (and you definitely need to double the sauce). I substitute 1 tablespoon of Asian Chili-Garlic paste for the red pepper and it really boosts the flavour. Making it again tonight!

★☆☆☆☆ by 12345678911111, 8/13/2010 Tastes terrible. Would've rather eaten garbage for dinner

★★★★★ by audrey629, 5/29/2010 Very nice orange flavor and the chicken still had some crisp to it after glaze was added. Much better than take out and comes together very quickly.

★★★★☆ by Kathleen\_G, 5/30/2009 Nice flavour in the end, a trifle tedious to make. I doubled the chicken and tripled the sauce, but I don't think it's meant to be a sauce so much as a glaze and cooking liquid. I taste tested the liquid in the frying pan and found it bitter, so I sprinkled on a tsp of white sugar and it came out quite nicely. Left-overs were very good too.

★★★★☆ by abita, 3/10/2009 Like other reviewers, I would recommend increasing the sauce. I doubled the sauce and it was barely enough. I would triple it next time. Fast, easy, very good. The flavor wasn't particularly complex but that's ok because my 1 and 4 year olds liked it as much as the adults did.

★★★★☆ by G.K., 3/5/2009 Very tasty and easy to make for a weeknight dinner.

★★★★☆ by FSO, 12/8/2008

★★★★☆ by lunalovegood, 4/7/2008 Delicious and easy to make - will become a classic in our house, very intense flavour of orange. I doubled the sauce, following some comments I read in the other reviews (but kept the zest of one orange) and it was just enough. I will put more pepper flakes the next time around, for hotter dish.

★★★★☆ by sbear, 3/27/2008 Tasty and very easy. Usually the restaurant versions are sickening sweet and this recipe was not.

★★★★☆☆ by mgssts63, 3/24/2008 Would almost triple the sauce! Very tasty! Kathy

★★★★☆☆ by SweetJLee, 2/24/2008 This was just okay. I would give it 2.5 stars if I could, since it's decidedly average. It turned out fine and went together easily, but just lacked a bit on flavor. I can't put my finger on what it needed, but was just a bit bland.

★★★★☆ by DantheMan1, 2/23/2008 Nice tasty recipe Tony, great flaover when served on a bed of brown rice. My kids loved it, thanks.

★★★★☆☆ by sewapel, 10/24/2007



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