

How to Make Lemon or Orange Chicken with Fried Rice

Orange Chicken

3-4 cups chicken breast cut into 1-inch cubes
2 eggs
2 tablespoons water
2 cups tempura batter mix
vegetable oil for frying
1 cup Orange Dipping Sauce
1 cup water
1 tablespoon cornstarch
1 tablespoon water, divided

1. Make an egg wash by slightly beating two eggs with one tablespoon of water. In a separate flat-bottomed dish, sift the two cups of tempura batter to separate clumps.
2. Dip each chicken cube in egg then tempura, and again in egg then tempura. This double-dipping process is crucial to create an extra-crispy crust for each chicken cube that will not rub off.
3. Fry the chicken cubes in 350° vegetable oil until the crust is crispy and golden brown. Place the fried chicken cubes onto a plate with a paper towel so that the excess oil will drain. Set aside.
4. To thin the dipping sauce, heat one cup orange sauce and one cup water in a wok or deep skillet. In a small bowl, place the tablespoon of cornstarch and 1/2 tablespoon of water and stir to make a paste. To thin the paste, so it dissolves evenly in the sauce, add another 1/2 tablespoon water. Continue to cook until sauce thickens.
5. Add the fried chicken and the cup of diced green onions to the sauce and stir until chicken is coated and heated through.



Fried Rice

1 tablespoon of vegetable oil
1 teaspoon sesame oil
2 cloves minced garlic
1 small bag frozen vegetables (peas and carrots)
3 eggs
2-3 slices cubed cooked ham
4 cups cooked rice
1/4 cup plus 2 tablespoons (six tablespoons) soy sauce

1. Heat one tablespoon of vegetable oil and one teaspoon sesame oil in a wok over medium heat. Add two cloves of minced garlic. Cook until tender. Add one small bag of frozen mixed vegetables and cook until the vegetables are warm. In a separate small bowl lightly beat three eggs. Add eggs to vegetable mixture. Scramble eggs into small chunks. Add the two to three slices of cooked ham, cubed.
2. Add four cups cooked rice and 1/4 cup soy sauce; stir until mixed evenly. Serve warm.

Lemon Chicken

3-4 chicken breasts
2 eggs
2 tablespoons water
2 cups panko

vegetable oil for frying

Lemon Sauce

1/4 cup granulated sugar
1/3 cup chicken broth
1 teaspoon lemon zest
3 tablespoons lemon juice
2 tablespoons rice vinegar
1/4 teaspoon salt
1 garlic clove, minced
1-2 drops yellow food coloring (optional)
1 tablespoon cornstarch
1 tablespoon water

1. Make an egg wash by slightly beating two eggs with one tablespoon of water. In a separate flat-bottomed dish, place the two cups of panko.
2. With a meat mallet, pound each chicken breast to 1/4 inch thick. Dip each chicken breast in egg then panko, and again in egg then panko. This double-dipping process is crucial to create an extra-crispy crust for each chicken piece that will not rub off.
3. Fry each chicken piece in 350° vegetable oil until crust is crispy and golden brown. Place the fried chicken pieces onto a plate with a paper towel allowing the excess oil to drain and set aside.
4. In a wok, on medium heat, heat 1/4 cup sugar, 1/3 cup chicken broth, 1 teaspoon lemon zest, 3 tablespoons lemon juice, 2 tablespoons rice vinegar, 1/4 teaspoon salt, one garlic clove, and one or two drops yellow food coloring (if desired). In a separate small bowl, combine one tablespoon cornstarch with one tablespoon water to make the slurry. Add the slurry to the sauce and continue to heat and stir until sauce is thickened.
5. Place the fried chicken on a plate and cut into strips. Pour the sauce over the top and serve warm.