

# P.F. CHANGS ORANGE CHICKEN

F MEDIUM

Last Modified: 01/17/2016

PREP: 2+ Hrs  
COOK: 10 Min  
STOVETOP

BAR & RESTAURANT COPY

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Chicken Breasts (Boneless / Skinless)	Cubed
1	Large	Fresh Orange Peel	Ribboned

## CHICKEN BATTER

1	Cup	Ice Water	
1	Large	Egg	Beaten
1/4	Tsp	Baking Soda	
1/4	Tsp	Kosher Salt	
1 1/2	Cups	Cake Flour	Unsifted
2 ~ 4	Cups	Canola Oil (For Frying)	

## ORANGE SAUCE & MARINADE

1 1/2	Cups	Water	
2	Tbsp	Orange Juice	
1	Cup	Dark Brown Sugar	Packed
1/3	Cup	Rice Wine Vinegar (Marukan)	
2 1/2	Tbsp	Soy Sauce (Lee Kum Kee)	
1/4	Cup +	Lemon Juice	
1	Tsp	Can Water Chestnuts (Clement) Sliced	Minced
1/2	Tsp	Fresh Ginger (Peeled)	Minced
1/4	Tsp	Garlic	Minced
1 1/2	Tsp	Green Onions (Greens Only)	Chopped
1/4	Tsp	Crushed Red Pepper Flakes	

## ORANGE SAUCE THICKENER

3	Tbsp	Water	
2	Tsp	Arrowroot Powder	
5	Tsp	Corn Starch	

## PREPARATION

<b>FACTOID</b>	This recipe was copied from a news show featuring a P.F. Chang's Restaurant in Minneapolis.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) 2 - Small Mixing Bowls</li> <li>2) Quart Zip Lock Bag</li> <li>3) Gallon Zip Lock Bag</li> <li>4) Small Saucepan &amp; Lid</li> <li>5) Wok</li> <li>6) Vegetable Peeler</li> </ol>

## P.F. CHANGS ORANGE CHICKEN

<b>PREP</b>	<p><b>DISH</b></p> <p>1) Cut the Chicken Breasts into 1 inch cubes and set them aside.</p> <p>2) Thinly peel an Orange with a vegetable peeler into as long a strips as possible. Trim the peels into long rectangles and thinly slice them into long skinny strips. Tightly roll them up so they curl and set them aside. See Picture.</p>
<b>PREP</b>	<p><b>ORANGE SAUCE &amp; MARINADE</b></p> <p>1) Drain and mince the Water Chestnuts and set them aside.</p> <p>2) Peel and mince the Ginger and mix it into the Chestnuts.</p> <p>3) Mince the Garlic Cloves and mix them into the Chestnuts.</p> <p>4) Chop the Green Onion greens and mix them into the Chestnuts.</p>
<b>1</b>	<p><b>3 Hours Before:</b> In a small saucepan over high heat, mix all of the Orange Sauce ingredients together. Bring it to a boil while stirring frequently. As soon as it boils, remove from the heat and allow it to cool uncovered - You don't want the zip lock bag to melt.</p>
<b>2</b>	<p><b>2 Hours Before:</b> Place 1 Cup of the Orange Sauce in a quart zip lock bag and add in the Chicken Cubes, seal, shake and squeeze to coat well, refrigerate for at least 2 hours, but no more than 4. Reserve the remaining Orange Sauce in the saucepan while covered.</p>
<b>3</b>	<p>In a small mixing bowl, thoroughly mix the Sauce Thickening ingredients (No lumps). In the saucepan still containing the reserved Orange Sauce over high heat, stir in the Thickening Mixture and heat while stirring until thickened (bubbles on bubbles). Set it aside.</p>
<b>4</b>	<p>Beat together the Ice Water and Egg. Add in the Baking Soda and Salt. Add in 3/4 Cup of the Cake Flour and blend with a fork until all of the Flour is wet (still lumpy). Sprinkle the top with another 1/4 Cup of Cake Flour and mix with 2 strokes (most of the Flour will still be floating on top). Place the remaining 1/2 Cup of Cake Flour into a gallon Ziploc bag.</p>
<b>5</b>	<p>In a wok over high heat, heat the Canola Oil until it just begins to smoke. Working in batches, coat the individual Chicken Cubes first in the Flour and then in the Batter Mixture and fry until golden brown, about 4 minutes, turning pieces over half way through. Keep each finished batch warm tented with aluminum foil in a 200 degree oven..</p>
<b>6</b>	<p>Once all of the Chicken is fried, place it in a large serving bowl, reheat the Orange Sauce and cover the Chicken with it. Stir lightly to evenly coat all of the Chicken.</p>
<b>SERVE</b>	<p>Serve while hot with Steamed Rice and garnished with very thin twisted Orange Peel Ribbons.</p>