

Spice up chicken with orange peel

By Dotty Griffith

ARC-EN-CIEL ORANGE CHICKEN

- 1 whole chicken breast
- 1 Tbs. soy sauce
- 1 Tbs. cornstarch dissolved
in 1 Tbs. water
- 3 hot red chile peppers
- 3 garlic cloves
- 3 (2-inch) strips of
orange peel
- 2 cups peanut oil
- Seasoning sauce
(recipe follows)
- 1/2 Tbs. rice vinegar
- 1/2 tsp. sesame oil

Remove skin and bone from chicken and cut into 3- by 2/3-inch pieces. Combine with soy sauce and cornstarch mixture, stirring to coat pieces evenly. Set aside to marinate for 20 minutes.

Meanwhile, remove seeds from peppers, being careful to avoid contact with eyes or mouth. Wear-

ing rubber gloves is recommended to avoid irritation. Finely chop seeded peppers. Slice the garlic cloves.

Add oil to a wok or skillet and heat to 450 degrees or very hot. Add chicken pieces a few at a time, stirring to separate. Fry just until chicken turns white. Drain excess oil and set aside.

Pour off all but 2 tablespoons oil and return wok or skillet to high heat. Add garlic, peppers and orange peel; cook for 1 minute. Add chicken and stir-fry for 10 seconds. Pour in seasoning sauce and mix to coat pieces evenly.

Sprinkle with vinegar and sesame oil. Serve immediately. Makes four servings.

Seasoning sauce: combine 1 tablespoon soy sauce, 1 tablespoon rice wine or sherry, and 1 teaspoon cornstarch. Mix well to dissolve cornstarch. Stir well before using.