

# Hong Kong Orange Chicken

Do not crowd the chicken pieces in the roasting pan. Baste the chicken frequently for lacquered skin. Boiling down the sauce enriches and thickens it.

Grated zest from 4 oranges  
2/3 cup orange juice  
4 tablespoons honey  
3 tablespoons soy sauce

2 tablespoons toasted sesame oil  
1 tablespoon minced fresh ginger  
1/4 teaspoon crushed red-pepper flakes

2 teaspoons finely minced garlic  
2 chickens (2½ to 3 pounds each),  
cut into 8 pieces and trimmed  
of excess fat

Salt and freshly ground black  
pepper, to taste  
4 scallions, thinly sliced on  
the diagonal

1. For the marinade: A day before serving, combine the first 8 ingredients. Toss them together with the chicken in a large bowl. Cover and refrigerate overnight.

2. Preheat the oven to 375°F.

3. Remove the chicken from the marinade and place it skin-side

up in a shallow roasting pan. Season with salt and pepper. Pour 2/3 cup of the marinade into the pan. Bake for 1 hour.

4. Remove the chicken to a serving platter. Strain the marinade into a small saucepan; boil for 10 minutes to thicken. Drizzle this sauce over the chicken. Garnish with scallions and serve.

Serves 6 to 8. Per serving (based on 8): 410 calories, 13g carbohydrates, 36g protein, 23g fat, 110mg cholesterol.