



Crispy Skinned Orange Chicken

Melissa d'Arabian, Food Network

- 3 skin on, bone in chicken breast halves
- 1 tablespoon vegetable oil
- 1/2 cup frozen orange juice concentrate, thawed
- 4 tablespoons honey

Heat oven to 375 degrees.

Season the chicken breasts with salt and pepper. Heat the oil in a large skillet over medium high heat and sear the chicken, skin side only, until brown and beginning to crisp, approximately 5 to 10 minutes.

Meanwhile, combine the orange juice concentrate, honey, and salt and pepper to taste in a small saucepan over medium heat. Boil for 3 minutes and remove from heat.

Once the chicken is browned, turn each piece over and brush all over with glaze. Turn the chicken skin side up again and transfer the pan to the oven. Bake for about 15 minutes or until the internal temperature reaches 160 to 170 degrees on an instant read thermometer. Halfway through, brush on more glaze.

Let the chicken rest for 10 minutes before serving.

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