



Spicy Orange Chicken

Adapted from GE Advantium Cookbook

BAH Note: To make this in a regular oven, bake at 375 degrees. Check for doneness after about 20 minutes.

- 4 to 5 (5 ounce) boneless, skinless chicken breasts (I use Perdue Perfect Portions)
- 1/2 teaspoon salt
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon allspice
- 1/4 teaspoon ground ginger
- zest and juice (approximately 1/4 cup) from 1 large orange
- 2 tablespoons brown sugar

Combine salt, paprika, allspice, and ginger and coat the chicken breasts completely. Place the spice coated chicken in an oblong baking dish and set aside.

In a small bowl or measuring cup, combine the orange juice, zest, and brown sugar. Pour the liquid over the chicken. Place the baking dish on the metal tray.

Press SpeedCook, and scroll to My Recipes, New Recipe. Set the time for 20 minutes at the following settings: U=7, L=7, M=3. Check the chicken after 15 minutes and add a bit more orange juice or some chicken broth if the liquid has reduced too much. Check for doneness after 20 minutes and continue to cook for 5 minute increments, at the same settings, if needed.

Baste the chicken with the liquid before serving.

spicy orange chicken was posted by wendi on 14 march 2012 at bonappetit hon.com