From the kitchen of David and Jennifer Deaven

2-3 stalks broccoli, cut into pieces and steamed

C: 3-4 carrots, cut into disks and steamed

2T corn starch

2T dried orange peel or 1T zest

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11 Sichuan bean sauce

2T soy sauce

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2T dry wine or beer

4T orange juice concentrate

11 Sichuan pepper 1 green onion, minced

1/2T garlic, minced

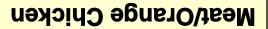
B: 1T ginger, minced

2T white wine or beer

2T orange juice concentrate

1T corn starch

A: 2 chicken breasts, cut into small pieces



Meat/Orange Chicken

1 onion, cut into pieces and steamed

- D: 3T peanut oil
 - 1-3 Sichuan chiles
- Combine (A) and coat. Marinate for 30 minutes.
 Combine (B). Prepare and/or cook (C) as needed.
- 3. Add (D) to wok, bring to high heat, remove chiles when dark and reserve.
- 4. Drain (A) and add to oil in wok. Stir-fry about 2 minutes. Add (B), then (C), stir-fry another 4-5

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