

Chinese Orange Pheasant

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pheasant-recipe>

Ingredients:

- 2 tablespoons soy sauce
- 2 tablespoons rice wine or vermouth or dry sherry
- 2 teaspoons minced ginger
- 1 garlic clove minced
- 1/4 teaspoon white pepper optional
- 2 eggs lightly beaten
- 1 tablespoon soy sauce
- 2/3 cup orange juice ideally fresh squeezed
- 1 tablespoon honey
- 1 tablespoon marmalade
- 1 tablespoon rice vinegar
- sesame oil Drizzle of
- 5 chiles small, dried hot, broken up and seeds discarded
- 1 tablespoon tangerine peel, thinly sliced, optional
- 1 1/2 pounds pheasant or other white meat cubed
- 1/4 cup corn plus another tablespoon, tapioca or potato starch
- 2 cups cooking oil
- green onions Chopped, optional

Nutrition:

1. Calories: 1420 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 230 milligrams
4. Fat: 127 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 12 grams
8. Sodium: 1000 milligrams
9. Sugar: 12 grams

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