Saucy Chicken Recipes

This General Tso-inspired chicken pairs oven-crisped thigh pieces with a sweet, tangy ginger-garlic sauce. The lighter baked coating is not a deep-fried takeaway crust. Add the glaze just before serving to preserve some crispness.

TOTAL 55 min	PREP 25 min	COOK 30 min	REST 0 min	YIELD 4 servings



One serving of glazed chicken with white rice and steamed broccoli. | Featured image

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 1/3 cup (40 g) cornstarch
- 1 egg (50 g), beaten
- 1 tbsp (15 ml) additional neutral oil
- 3 tbsp (45 ml) coconut aminos
- 2 tbsp (30 ml) apple cider vinegar
- 2 tbsp (42 g) honey
- 1/3 cup (80 ml) chicken broth
- 2 garlic cloves (6 g), minced
- 1 tsp (5 g) grated ginger
- 1/4 tsp chilli flakes
- 1 tsp (3 g) additional cornstarch
- 1 tbsp (15 ml) water
- 1 spring onion (15 g), sliced

Food safety: Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C). Keep raw chicken separate from ready-to-eat foods and use clean utensils.

Method and cooking stages

The five images follow the planned sequence: ingredients, preparation, cooking, finishing, and one plated serving.



1. Ingredients
Measured chicken thighs, egg, cornstarch, seasonings, oils, sauce ingredients and spring onion; raw poultry kept apart.



2. Prep
Cube chicken, season it, coat with egg and cornstarch, then measure the sauce ingredients.



3. Cooking
Bake spaced chicken chunks at 425°F, turn once and verify 165°F (74°C) in the thickest piece.



4. Finishing
Simmer and thicken ginger-garlic sauce, then toss the cooked chicken and finish with spring onion.



5. Serving
One serving of glazed chicken with white rice and steamed broccoli.

1. Heat the oven and prepare the tray

Heat oven to 425°F (220°C). Brush a rimmed baking tray with the additional neutral oil. Set a wire rack over the tray if available to help air circulate; otherwise leave space between the pieces on the tray.

2. Cut, season and coat the chicken

Cut chicken thighs into even 1-inch (2.5 cm) chunks and season with salt and black pepper. Dip in beaten egg, then coat with the ⅓ cup cornstarch, shaking off excess. Arrange the pieces without touching and drizzle with olive oil. Keep raw-poultry utensils and surfaces separate from ready-to-eat foods.

3. Bake until safely cooked

Bake for 20–25 minutes, turning the pieces once halfway through. Check the thickest chunks with a food thermometer; chicken must reach 165°F (74°C). Continue baking and recheck if needed. Set cooked chicken aside while finishing the sauce.

4. Mix and simmer the sauce

Stir together coconut aminos, apple cider vinegar, honey and chicken broth. In a small saucepan, warm garlic, ginger and chili flakes with a spoonful of the sauce for about 30 seconds. Add the remaining sauce and simmer for 3 minutes.

5. Thicken, glaze and serve

Mix the additional teaspoon of cornstarch with 1 tablespoon water. Stir the slurry into the simmering sauce and cook about 1 minute until glossy. Toss the baked chicken with the sauce just before serving; finish with sliced spring onion so the coating keeps some texture.

> Safe handling and doneness: Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C).

Serving, variations and storage

Serving: Serve with white rice and steamed broccoli. Toss the chicken with sauce immediately before serving rather than letting it sit, which helps retain some crispness. **Tip:** Coconut aminos vary in saltiness. Taste the sauce before adding any extra salt. The oven coating is intentionally lighter than a deep-fried version; keep pieces spaced on the tray so they crisp rather than steam.

Variations: For a milder sauce, omit the chili flakes. For a citrus note, replace half the chicken broth with orange juice. Serve with steamed broccoli for a vegetable side.

Refrigerate: Refrigerate promptly in shallow covered containers within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3–4 days, counting any earlier storage of cooked chicken. **Freeze:** Freeze chicken and sauce separately for up to 2 months for best texture. Thaw in the refrigerator. **Reheat:** Reheat chicken on a tray in a 375°F (190°C) oven until it reaches 165°F (74°C). Warm sauce separately, then combine at serving.

Original editorial formulation; not kitchen-tested. Times are estimates and vary with ingredient size and equipment. Nutrition information was not supplied and is not estimated.