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## Chinese-style Lemon Chicken (Gluten-Free)

By [Jefferson Adams](#) | Published 05/15/2013 | [Gluten-Free Chinese & Asian Recipes](#) | Rating: ★★★★★

Celiac.com 05/15/2013 - Lemon chicken may be one of those Americanized Chinese dishes, like sweet and sour pork, and chow mein that have become a staple at nearly every Chinese restaurant in the country. Still, I love it. However, being gluten free, I have to be careful when dining out. Even if the restaurant doesn't use flour outright, there's always the possibility of cross contamination.

One way I've resolved this tension is by learning how to make a delicious gluten-free Chinese-style lemon chicken using a corn-starch-based batter.

In this delicious recipe, chicken is battered in egg and corn starch, then cooked until it's crispy and golden on the outside, tender on the inside. It is then covered with a sweet, tangy lemon sauce.

The taste will rival your favorite Chinese restaurant, and have your eating team trading high-fives. Serve it over rice, and garnish with a nice steamed vegetable, like broccoli.

### Chicken Ingredients:

- 8 boneless, skinless chicken breast halves, cut in chunks or short strips
- ½ cup cornstarch

#### JEFFERSON ADAMS



Jefferson Adams is a freelance writer living in San Francisco. His poems, essays and photographs have appeared in Antioch Review, Blue Mesa Review, CALIBAN, Hayden's Ferry Review, Huffington Post, the Mississippi Review, and Slate among others.

He is a member of both the National Writers Union, the International Federation of Journalists, and covers San Francisco Health News for Examiner.com.

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- ### Lemon Sauce Ingredients:

- ### Preparation:

Heat the oil in a large wok or skillet.

Dip the chicken pieces into the egg mixture, until well-coated. Cook in the hot oil until golden brown, turning as needed. Remove with a slotted spoon and drain on paper towels.

To make the sauce, combine all the ingredients in a saucepan. Cook over medium heat, stirring, about 5 minutes until sauce boils and the brown sugar and bouillon granules are fully dissolved.

Place the chicken in a serving dish, top evenly with sauce, and top with the sliced green onions.

As always, Celiac.com welcomes your comments (see below).

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Roz

Rating: 

said this on

20 May 2013 8:49:36 PM PST

2 cups of cooking oil. There should be some way to eliminate all that FAT. Have you considered covering the chicken with the sauce and baking it in the oven or baking the chicken and then adding the sauce before serving?

### Vitamins (Gluten-Free)



[\(Reply to this comment\)](#)



**Jefferson**

Rating: ★★★★★ ( ★ Author)

said this on  
30 May 2013 5:22:26 PM PST

When cooking food in oil, the amount of oil you cook the food in is largely irrelevant. As long as there is enough oil for cooking, then use however much you need. The finished product absorbs the same amount either way. So, using more oil doesn't mean the finished dish contains more fat. As far as baking goes, you're welcome to bake, but it won't be Chinese-style Lemon Chicken.

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**Katie**

Rating: ★★★★★

said this on  
22 May 2013 8:44:29 AM PST

Thank you for this recipe! We miss our favorite deep fried chicken at our Chinese restaurant (an occasional treat). Thank you!!!!

[\(Reply to this comment\)](#)



**Ann**

Rating: ★★★★★

said this on  
01 Jun 2013 6:33:15 AM PST

This was excellent! Everyone loved it. I didn't use 2 cups of oil... but still fried the chicken in plenty of oil. Delicious! Thanks! Finally something without soy sauce!

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