

Popcorn chicken (by YuZhen Lin '21) This juicy and wonderfully crispy popcorn chicken is great for dinner with the family. “It’s savory, flavorful and tender. The coating, especially since it was double fried, is very crispy,” said Lin. It’s also simple enough for weekdays, not that the weekdays and weekends seem very different anymore...

Time

Prep time: 40 minutes (including marination)

Cook time: 30 minutes

Active time: 40 minutes

Serves 3–4 people

Ingredients:

- About 1.5 lbs chicken (preferably thighs)
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 2 cloves of garlic, crushed or grated
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon [five-spice powder](#)
- 1/4 teaspoon white pepper
- 1/3 cup water
- Starch (potato, corn, tapioca, or sweet potato all work fine)
- Oil for frying

Directions

1. Cut chicken into bite sized pieces or however big you want them.
2. Mix the soy sauce, 1/2 teaspoon salt, white pepper, and garlic into the chicken, coating the pieces evenly. Let marinate for 30 minutes.
3. Mix flour, 1/4 teaspoon salt, five-spice powder, white pepper, and water together until it becomes a paste.
4. Mix paste into marinated chicken.
5. Evenly coat chicken in potato starch and set aside for about 5 minutes.
6. In a medium pot, pour enough oil to fry one side of the chicken, about an inch. Heat to 320°F. Use a thermometer.
7. Fry chicken in hot oil until fully cooked. Make sure to cook all sides. The internal temperature of the chicken should reach at least 165°F.
8. Set chicken aside and raise oil temperature to 350°F.
9. Fry chicken again for 1–2 minutes until golden brown. This will make the chicken very crispy.
10. Optional: Sprinkle some seasoning on fried chicken, such as salt, pepper, white pepper, etc.
11. Enjoy!