
Cooking With Rania

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Sesame Chicken Breasts

INGREDIENTS

6 tablespoons soy sauce
¼ cup water
2 tablespoons sesame oil
Juice and scrapings from grating of 3" inch piece of ginger root
Juice of 3 lemons
3 large boneless and skinless chicken breasts – cut into halves

Toasted sesame seeds (about 2 cups)
Lemon slices for garnish

DIRECTIONS

Mix the soy sauce, water, sesame oil, ginger juice and scrapings, and lemon juice in a glass bowl. You should have 1 cup of marinade. If not add some water. Put chicken into mixture to marinate. Cover and refrigerate for at least one hour.

Preheat broiler to high.

When ready to broil - remove the chicken from the marinade and discard the marinade. Broil the chicken about 5 minutes per side. Pierce the chicken with a thin skewer and if the juices run clear, the chicken is cooked through. Be careful not to over the cook the chicken, as it will dry out.

Remove the chicken from pan and immediately coat well with toasted sesame seeds on both sides by placing the sesame seeds on a half sheet pan and turning the cooked chicken over until well coated with the sesame seeds on both sides. Garnish with lemon.

Serves: 4 - 6