

Fried Chicken with Sesame Recipe

Ingredients:

1 tablespoon white sesame seeds
2 medium-size chicken breasts
4 tablespoons sake
1 teaspoon salt
1 teaspoon Japanese soy sauce
1 tablespoon sesame oil
4 crisp lettuce leaves

Method:

In a dry frying pan toast sesame seeds over medium heat, stirring constantly, until they are evenly golden. Turn on to a plate to cool. Bone the chicken breasts and cut each breast into halves lengthways. Prick skin several times with a fork. Mix sake, salt and soy sauce together and dip chicken in the mixture on both sides, then set aside for 30 minutes. Heat oil in a frying pan and fry chicken, browning the pieces on both sides. Reduce heat and cook 4 to 5 minutes until done. Cut each piece in slices and put back together in shape. Sprinkle with sesame seeds and serve each half breast on a lettuce leaf.

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