

Chef Josh's Favorite Recipes



People all over the world enjoy chicken. No matter what time of year it is, you will find this poultry protein on menus all over the world. Various cooking techniques can be used to cook the bird. When prepared and cooked properly, chicken can pack serious flavor.

Sesame Chicken

Ingredients

- 6 cleaned, boneless chicken breasts
- 2 cups flour
- 8 eggs
- ½ cup sesame seed
- 1 tbsp. salt and pepper
- 2 oz. canola oil
- 1 oz. sesame oil

Yield

About 6 servings

Directions

Begin by preheating the two oils in a flat bottom frying pan. Season your chicken breasts with salt and pepper. Place flour in a bowl. Add the sesame seeds to the flour and whisk in. Crack your eggs into a bowl and whisk until smooth. Now, dip the chicken in the egg. Be sure to coat the chicken evenly and thoroughly. Now place the breast in the flour. When you remove the chicken from the flour, place it carefully in the fry pan, letting the front in first to avoid splashing hot oil. The oil should be hot enough to hear it sizzle immediately. Fry chicken until golden brown on each side and remove from pan using a tong. Place on perforated pan lined with paper towel to help drain excess oil. You do not want greasy chicken. After chicken is fried golden brown, place on baking pan and bake in 350 degree oven for 7 minutes. Remove and serve with Sesame Teriyaki Sauce.

Chef Notes: Sesame oil has great flavor and is great for sauces and dressing. However, it has too low of a smoke point to fry chicken in. This is why I use a combination of oils. Canola oil has flavor similar to olive oil and has a high smoke point that makes it perfect for frying. This is a standard frying procedure used for thin slices of protein such as veal scaloppini or beef medallions. Fish and vegetables can also be fried using this method. Try flavoring the flour or egg with things like nutmeg, curry, garlic or cinnamon. Also, it is very important to use a quality frying oil with a high smoke point. Try using peanut oil for great flavor. Vegetable oil is a healthier alternative.

Recipe courtesy of Chef Josh, Executive Chef, The Jewish Home of Greater Harrisburg, Inc. ©2015