



# Counter to Table Recipes

## FROM THE CHEF'S CORNER

**Recipe:** SESAME CRUSTED CHICKEN BREAST WITH SWEET AND HOT SESAME SAUCE

**Date:** OCT 2023

### Ingredients:

### Directions:

4 boneless skinless chicken breasts, 6 ounces each	1. Preheat oven to 350°F. For the chicken breasts, season chicken with salt and pepper. In a small bowl, mix sesame seeds and chili flakes, and then dredge the chicken breasts in the mixture to coat them. Heat vegetable oil in a large sauté pan until smoking hot. Add chicken breasts and brown each side well, about 2 minutes per side.
salt and black pepper	
1 cup sesame seeds, white or black	2. Remove chicken from pan and transfer to a baking pan. Bake for another 4 to 6 minutes until the chicken breasts are just cooked through to 165°F
1/2 teaspoon chili flakes	
1 tablespoon vegetable oil	



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1947

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### Sauce Ingredients

### Directions:

1 teaspoon vegetable oil

4 garlic cloves, chopped

1 tablespoon chopped ginger root

½ cup wine, mirin (or any good rice wine)

1 cup chicken stock

1 tablespoon hoisin sauce

2 tablespoons chili sauce

½ teaspoon sesame oil

1 teaspoon fresh basil, chopped

Soy sauce

3. Sauce: While the chicken breasts are baking, heat veg. oil in

the same pan. Add the garlic and ginger root and sauté for 1

to 2 minutes over high heat. Add mirin wine and boil over high

heat until reduced by half, 2 to 3 minutes. Add chicken stock

and boil over high heat to reduce a bit, 2 to 3 minutes.

4. If the chicken breasts are finished cooking, remove from the

oven and allow to stand. Add hoisin sauce and chili sauce to

sauté pan and bring to a boil. Season with sesame oil, basil, and

soy sauce.

5. Serve half of sauce over chicken and remainder on the side.