

Sesame Chicken Breast

- 4 boneless chicken breasts, lightly pounded
- ¼ cup sesame oil
- 1 cup sesame seeds
- ½ teaspoon cayenne pepper
- Salt and pepper to taste
- 1 tablespoon peanut oil
- 1 teaspoon minced garlic
- 2 tablespoons light soy sauce
- 2 tablespoons sweet rice wine or dry sherry

Brush the chicken breasts with a thin film of the sesame oil, and dredge in sesame seeds seasoned with cayenne, salt and pepper. Sauté the prepared chicken in a mixture of the remaining sesame oil and the peanut oil over moderate heat. When the chicken is firm, about three to four minutes per side, transfer to a warm platter. Add the garlic and deglaze the pan with the soy sauce and wine. Pour over the chicken. Makes four servings.