

CHICKEN WITH WALNUTS AND SESAME SEEDS

An unusual way with chicken; the nuts and seeds add a rich and subtle flavor. May be served as an appetizer, too, with Chinese hot mustard or soy sauce to dip into.

Makes 6 servings at 56¢ each.

- 2 whole chicken breasts (about 1 1/4 pounds)
- 1/2 cup very finely chopped walnuts or cashew nuts
- 1 cup sesame seeds
- 2 egg whites
- 1/4 cup cornstarch
- 2 teaspoons salt
- 1/4 teaspoon monosodium glutamate (optional)
- 1 teaspoon sugar
- 2 tablespoons sherry or wine
- 4 cups vegetable oil

1. Bone chicken breasts carefully, keeping meat whole. Place on baking sheet or foil in one layer; put in freezer to partially freeze, about 30 minutes.
2. Slice chicken crosswise and on a diagonal into paper-thin slices.
3. Mix nuts and sesame seeds in a pie plate.
4. Combine egg whites, cornstarch, salt, MSG and sugar in a small bowl; stir with a spoon to make a stiff batter; stir in sherry.
5. Dip chicken slices, one at a time, in cornstarch mixture, then in nut mixture to coat evenly. Place in single layer on baking sheet until all are done.
6. Meanwhile, heat oil in deep skillet or Dutch oven to 300°. Deep fry chicken 1/4 at a time, about 4 to 5 minutes, or until lightly browned.