

BAKED SESAME CHICKEN

Chicken *teriyaki* is probably the most widely known Japanese dish that has chicken as the main ingredient. There are numerous other dishes, however, that include *tori niku* (chicken), one of which was highlighted in the December issue of the *Shinbun*, *Oyako-donburi*, or chicken and egg rice bowl. Here is yet another chicken recipe which again requires the practically indispensable ingredients of soy sauce and sesame.

Ingredients:

¼ C.	toasted sesame seeds
1 T	soy sauce
3 T	dry bread crumbs
4	boneless, skinless chicken breast halves
2 t	onion powder
1/3 C.	sweet and sour sauce
¼ t	black pepper
3 T	brown sugar, packed
2 T	margarine
3 T	water
½ t	sesame oil

Preparation:

1. Combine sesame seeds, bread crumbs, onion powder and black pepper in a shallow pan.
2. Melt margarine in a small skillet. Remove from heat and stir in soy sauce.
3. Coat both sides of the chicken, one piece at a time, with the margarine mixture, then with the sesame seed mixture.
4. Arrange chicken side by side on a foil-lined baking pan. Bake at 375°F for 20 minutes or until no longer pink in the center.
5. Combine the sweet and sour sauce, brown sugar and water in a small sauce pan. Cook, stirring over medium heat until the mixture boils. Remove from heat, and stir in sesame oil.
6. Serve the sauce over the baked chicken.

Servings: 4

[Source: <http://www.kikkoman-usa.com/general/recipe/details.aspx?id=1148&Curpage=7&loc=101&Ptitle=browse&Search=Soy+sauce&subsearch=&subsection=Soy&subsection2=>]