

Honey Sesame Chicken

Recipe from Chelsea at www.mmmcafe.blogspot.com

2 boneless skinless chicken breasts (cut into 1" chunks)

Oil (for deep frying)

Sesame seeds (for garnish)

Batter

4 tablespoons cornstarch

¼ cup flour

1 teaspoon baking powder

½ cup water

½ teaspoon salt

1 egg

1 egg white

Sauce

1 ½ tablespoons oil

4 tsp. ginger (minced)

4 Tbs. garlic (minced)

2 tsp. salt

6 Tbs. honey

6 Tbs. rice wine vinegar

⅔ cup water

⅔ cup sugar

2 tsp. accent

2 teaspoon cornstarch (mixed with 1 Tbs. water)

In a large bowl mix all batter ingredients together until smooth. Cover and allow the batter to sit for at least 30 minutes. Add the chicken to the batter tossing to coat.

Heat a deep fryer to 350 degrees. Fry chicken bits in patches for 2 minutes or until batter becomes firm. Drain on paper towels.

To make the sauce. Heat 1½ tablespoons of oil in your wok. Add garlic and ginger and stir fry for 30 seconds. Add salt, honey, vinegar, and water. Mix well. Combine 1 teaspoon of water with 1 teaspoon of cornstarch. Add to the sauce and Simmer for 2 minutes.

Return chicken to pan and Coat chicken with the sauce. Garnish with sesame seeds. Serve with rice or quinoa

Serves 4.