

SWEET & STICKY SESAME CHICKEN CHUNKS

F EASY

Last Modified: 12/07/2015

PREP: 30 Min
COOK: 30 Min
STOVETOP & OVEN 375

BBQ-ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Chicken Thighs (Boneless / Skinless)	Chunked
OR			
2	Pounds	Chicken Breast (Boneless / Skinless)	Chunked
2	Cups	White Rice	Uncooked
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

ASIAN GLAZE			
1/2	Cup	Chicken Stock (Swanson)	
1	Tbsp	Corn Starch	
3	Tbsp	Honey	
3	Tbsp	Seasoned Rice Wine Vinegar (Nakano)	
2	Tbsp	Ketchup (Heinz)	
2	Tbsp	Soy Sauce (Lee Kum Kee)	
2	Tsp	Sesame Oil (La Tourengelle)	
1 +/-	Pinches	Crushed Red Pepper Flakes	To Taste
2	Tsp	Garlic	Crushed

CHICKEN COATING			
3	Large	Eggs	Beaten
1/3	Cup	All Purpose Flour	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

GENERAL TSO'S CHICKEN OPTION			
3	Tbsp	White Sesame Seeds	Toasted
1/4	Cup	Green Onions (Greens & Whites)	Thin Sliced
10	Whole	Dried Red Chile Peppers (Small)	Seeded

PREPARATION			
FACTOID	Make your own Chicken "Nuggets" - Quick, easy & YOU control the chemicals (NO pink Chicken Slime). OR create your own Sesame Chicken Over White Rice Dish (General Tso's Style). This "traditional" restaurant style dish uses Chicken Breasts. Using Chicken Thighs, gives you a bunch more flavor and is a tiny bit cheaper.		

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TOOLS	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Small Mixing Bowl 3) Large Non-Stick Skillet & Lid 4) Small Stainless Steel Skillet 5) Medium Saucepan & Lid 6) Aluminum Half Sheet Pan 7) Serving Platter OR 4 Large Serving Bowls.
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Remove and discard the Chicken Skin and Bones from the Meat. Cut the Meat into nugget sized chunks (about 1 inch square) while removing any excess fat. 2) Spray a sheet pan with non-stick spray and set it aside.
PREP	<p>ASIAN GLAZE</p> <ol style="list-style-type: none"> 1) Crush the Garlic Cloves and set them aside. 2) Cut the stems off of the Chile Peppers & gently roll each one between your fingers to dump out & discard the (VERY HOT) seeds (Or Not) and set them aside. 3) Thinly slice the whole Green Onions and set them aside. 4) In a small skillet over medium heat, add in the Sesame Seeds and toast while tossing until lightly browned (CAREFUL! They burn easy). Set them aside.
1	<p>NUGGET BATTER: In a medium mixing bowl Beat the Eggs until there are no white streaks visible and set them aside. Sprinkle the Chicken Nuggets with Salt and Pepper to taste. Add the Chicken Nuggets to the Eggs and toss to evenly coat.</p>
2	<p>NUGGET COATING: Put the Flour in a plastic bag. One at a time, use tongs to transfer the Chicken Nuggets to the Flour bag, allowing any excess Egg to drain back into the egg bowl. Thoroughly coat the Chicken Nuggets with Flour by shaking and then transfer them to the sheet pan while keeping them separated. Repeat with the remaining Flour and Chicken Nuggets. Set the sheet pan aside and allow the Flour Coating to wet thoroughly, about 10 minutes. Spray the top of the Chicken Nuggets with non-stick cooking spray to help crisp them up while baking. Bake the Chicken Nuggets until fully cooked, about 15 minutes.</p>
3	Preheat the oven to 375 degrees with a rack just below center.
	<p>OPTIONAL RICE: Cook the Rice according to the package directions, set it aside while covered to keep it hot.</p>
4	<p>ASIAN GLAZE: Meanwhile, make the Asian Glaze: In a large non-stick skillet over medium heat, combine the Chicken Broth with the Corn Starch and whisk to dissolve it thoroughly, NO lumps. reduce the heat to medium low. Add in the Honey, Vinegar, Ketchup, Soy Sauce, Sesame Oil, Garlic, Pepper Flakes and optional Dried Chile Peppers. Mix well. Stirring often, cook until it's thick (forming bubbles on top of bubbles), 2 to 3 minutes. Stir in a little extra Corn Starch (mixed with an equal amount of water) if the Sauce is too thin or extra Chicken Stock if it is too thick.</p>
SERVE	<p>NUGGETS: Leave the Nuggets dry and arrange them on a serving platter. Divide the Asian Glaze into individual dipping bowls. Dip the Nuggets into the Asian Glaze or any other Sauce(s) you like as you polish each one off.</p>
SERVE	<p>GENERAL TSO'S: Remove the skillet from the heat. Add in the Chicken Nuggets and toss to coat with the Glaze. Divide the Rice evenly into 4 large bowls. Pour the Chicken Chunks and Sauce over the hot Rice.</p>
SERVE	<p>GENERAL TSO'S: Sprinkle each bowl with Sesame Seeds and Sliced Green Onions.</p>