

Sautéed chicken caramelized in a honey and sesame sauce. Served with Cantonese style rice

Recipe for 4 persons

Description

Sautéed chicken strips caramelized in a honey and sesame sauce. Served with a classical Cantonese style rice.

Note

Be careful when reducing the honey sauce not to burn the reduction. You can cut the chicken in cubes instead of strips. You can use chicken thighs if you prefer. There doesn't have to be alcohol in the sauce. You can add some cornstarch in the sauce, bring it to a boil and thicken it to garnish the plate.

Ingredients

Chicken and Sauce

- 4 Unit(s) Chicken breast
- 1 Unit(s) Granny smith apple
- 30 Gr Fresh ginger
- 1 Clove(s) Garlic
- 50 Ml Light soy sauce
- 50 Ml Sake
- 50 Gr Honey
- 5 Turn(s) Fresh ground black pepper
- 5 Ml Roasted sesame oil
- 50 Ml Rice vinegar

- Salt and pepper

Cantonese Rice

- 300 Gr Basmati rice
- 3 Gr Coarse salt
- 3 Sprig(s) Fresh cilantro
- 2 Unit(s) Green onion
- 100 Gr Smoked bacon
- 50 Gr Butter
- 150 Gr Peas
- 100 Gr Peeled medium shrimps, tail-on
- 2 Unit(s) Egg
- 1 Unit(s) Onion

- Salt and pepper

For the chicken strips

- 50 Gr Flour
- 50 Gr Cornstarch
- 25 Gr Sesame seeds
- 25 Gr Black sesame seeds

- Salt and pepper

Preparation

- Preparation time **30 mins**

Preparation

Peel the apple, ginger and garlic. Cut into small cubes. Slice the chicken in fine strips. Roast the

sesame seeds and mix in with the honey to activate the essential oils. Chop the cilantro and mince the green onion. Cut the bacon in little strips. Thaw the shrimps if necessary.

Chicken and sauce

In the food processor, add the apples, garlic, ginger, soy sauce and sake. Blend until smooth and pour on top of the chicken. Let it marinate for an hour if possible. Drain the chicken from the sauce, while keeping the sauce. Flour the chicken strips with the corn starch. In a hot skillet, fry the chicken strips in a small quantity of vegetable oil until almost cooked. Pour the sauce on top and let it reduce a little bit until sauce like consistency. Adjust the seasoning with salt and pepper.

Cantonese style rice

Rinse the rice under water until the water runs clear. Add the rice to a pot and cover with 1 1/2 time the water and add salt. Once the water boils, lower to simmer and cook until the liquid is completely absorbed. Let it rest for 10 minutes, off the heat, afterwards to finish cooking.

In an other sauce pot with boiling salted water, poach the green peas for 2 minutes and drop them in an ice bath to stop the cooking and set the color.

In a hot skillet, set on medium-high, sauté the bacon and onions until they reach a nice caramelized color. Add the eggs to the pan and cook until dry. Set the mixture aside.

Set the pan back on the heat and drizzle in canola oil. Sauté the shrimp and add the peas and the bacon-egg mixture. Add the rice and cook until all the ingredients are hot and the rice is nice and fluffy. Finish by adding the cilantro.

To serve

In a deep dish, place a nice ladle of rice and top with the chicken sesame mix. Sprinkle with the cilantro leaves and serve immediately.

Bon appétit!