

Aunt Kay's Sesame Chicken (or Beef)

Serves 4

Ingredients

- 5 chicken breast halves, boneless and skinless, cut into bite-size pieces
- ¼ cup all-purpose flour
- ½ cup vegetable oil
- salt and pepper to taste
- ¼ cup sugar
- ¼ cup soy sauce, preferably Japanese style
- 2 tablespoons sesame seeds
- ¼ cup chopped scallions

Directions

- Dredge chicken pieces in flour seasoned with salt and pepper.
- In a large wok or frying pan, heat the oil and cook the chicken chunks 3-4 minutes or until done. Work in batches if necessary to avoid crowding the pan.
- Drain the chicken on paper towels and set aside, covered to keep warm.
- In a medium sauce pan, combine the sugar and soy sauce and simmer until the sugar dissolves.
- Toss the chicken in the sauce with the sesame seeds and scallions.
- Serve at once over hot white rice with steamed green beans.
- This can also be made with chunks of beef prepared the exact same way.