

Orange-Sesame Glazed Barbecue Chicken

Author: From Happy Trails Catering & Cafe in Pasadena, CA, published in the L.A. Times



Notes: Since the marinade contains orange juice (which contains natural sugars), grill the chicken on the low side of medium-high so it won't burn. Even medium is fine - it will just take a bit longer. Don't overcook it, though

1/2 cup orange juice, frozen concentrate, defrosted
 1 1/2 cups vegetable oil
 1/4 cup toasted sesame oil
 1/2 cup rice vinegar
 1 tablespoon minced garlic
 2 tablespoons grated ginger root
 2 tablespoons soy sauce
 2 tablespoons chili sauce
 Salt and pepper to taste
 6 boneless skinless chicken breast halves (if small, you may need 8 breasts)
 2 tablespoons toasted sesame seeds

1. Combine orange juice concentrate, vegetable and sesame oils, vinegar, garlic, ginger, soy sauce, chili sauce and salt and pepper to taste in bowl (or whiz it up in a blender to homogenize it). Remove 1/3 of the marinade and pour into a jar and refrigerate.
2. Pour the remaining marinade in a zip-sealing plastic bag, add chicken, cover and marinate in refrigerator 1 to 2 hours, turning it over once or twice.
3. Grill chicken on grill pan set over medium to medium-high heat or on outdoor grill, basting pieces with sauce and turning frequently, until chicken is fully cooked and richly glazed on both sides, about 5 minutes per side. Remove chicken, allow to rest a minute or two, then slice each breast in about 3-4 pieces. Place chicken on a bed of greens, sprinkle with sesame seeds and drizzle with the reserved marinade and serve.

Serving Ideas: If serving this as a stand-alone meal, place the chicken on a bed of baby greens, diced red bell pepper and pea pods drizzled with more of the marinade/dressing.

Per Serving (excluding unknown items): 566 Calories; 50g Fat (78.4% calories from fat); 22g Protein; 9g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 317mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 9 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>