

Smoky Sesame Chicken

Submitted by: Dwight Dewsnap, Milton, MA



4 Servings

- 4 **Pilgrim's Pride** boneless, skinless split chicken breasts
- 1 tablespoon sesame oil
- 1 tablespoon finely chopped fresh thyme (or 1 to 1½ teaspoons dried)
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 ounces smoked Gouda cheese (or other smoked cheese), grated
- 1 egg, beaten
- 3 tablespoons sesame seeds
- ½ cup fine dry bread crumbs
- 2 tablespoons vegetable oil

Sauce:

- 1 tablespoon butter
- 1 tablespoon sesame oil
- 2 tablespoons all-purpose flour
- ¾ cup chicken broth
- ¼ cup light cream
- 1 ounce smoked Gouda cheese, grated

Place chicken breasts between two sheets of plastic wrap and pound with flat side of meat mallet until ¼-inch thick. Divide sesame oil, thyme, salt, pepper and cheese among chicken breasts. Roll up each breast, tucking in all sides, and secure with wooden picks. Dip each breast in beaten egg and roll in combined sesame seeds and bread crumbs until well coated. Heat oil in a medium skillet and add chicken rolls, turning often and browning until golden and done. Test doneness by piercing chicken with a knife; juices should run clear. Remove wooden picks and set aside, keeping warm.

Combine butter and sesame oil in a medium saucepan. When butter is melted, add flour, stirring until smooth. Slowly add chicken broth and cream until blended, then stir in cheese. Cook and stir until thickened and smooth. Serve chicken rolls with sauce.