



Oven Fried Chicken Breasts with Soy Ginger Garlic Sauce

- 3 Tablespoons lemon juice
- 1 Tablespoon rice or white wine vinegar
- 1/4 cup soy sauce
- 1 Tablespoon mirin or sweet rice wine
- 1 Tablespoon fish sauce
- 1 lb. boneless, skinless chicken breasts, cut into 6 thin equal breasts.

Combine first five ingredients in shallow dish. Remove; set aside 1 Tablespoon mixture. Place chicken breasts in remaining marinade for 30 minutes; turn chicken over; marinate for 30 minutes longer. Remove chicken from marinade.

Soy Ginger Garlic Sauce

- 1/2 cup dark corn syrup
- 1/4 cup soy sauce
- 1/4 cup water
- 1/8 cup mirin
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced fresh garlic
- 1/2 Tablespoon sesame oil

In a heavy saucepan, combine the reserved tablespoon marinade, corn syrup, soy sauce, water, mirin, ginger garlic, and sesame oil. Bring to a medium boil, reduce sauce until begins to thicken stirring occasionally; remove from heat; set aside.

Chicken:

1/2 cup almond flour or all purpose flour
1 egg
1/2 cup buttermilk
1 teaspoon hot sauce
1 cup Panko crumbs
Oil spray as desired

Add-Ins

1 Tablespoon (each) oil; butter
1 cluster Maitake mushrooms, cleaned; separated
3 to 4 green onions, green parts, slivered into 3 inch lengths
2 bunches baby bok choy, washed, leaves separate end
Toasted sesame seeds for garnish

Preheat oven to 425 degrees F.

Prepare 3 shallow dishes. Place almond flour in one dish, whisk egg, buttermilk, and hot sauce in second dish; and Panko crumbs in the third dish. Take each chicken breast, lightly cover with flour mixture, dip in egg mixture, and cover completely with Panko crumbs.

Place chicken on shallow well greased baking pan. Spray the top of chicken with oil.

Bake in preheated 425 degree oven for about 30 minutes or until meat thermometer reads 165 degrees. Remove chicken from pan; set aside to stay warm

Meanwhile, place oil and butter in 10 inch nonstick skillet; add mushrooms; sauté until softened; add green onions, lightly sauté about 1 minute to soften; remove from skillet. If cooked bok choy is desired, lightly sauté in greased pan for several minutes.

To serve: Arrange baby bok choy leaves on serving platter; arrange chicken on plate; top with mushrooms and green onions. Drizzle any remaining sauce over chicken; sprinkle with sesame seeds. Serves: about 6

About the Recipe: The tender crisp chicken breasts are marinated to add umami taste, breaded, and baked to be drizzled with a sweet soy ginger garlic sauce. It makes a beautiful presentation on a bok choy lined platter topped with melting mushrooms and green onions, and sprinkled with fragrant toasted sesame seeds.