Sesame Chicken Marinade

Stephen Fisher

Servings: 6

Preparation Time: 15 minutes



Can also use boneless chicken breasts.

1/2 cup soy sauce

1/4 cup dry white wine

1/3 cup salad oil

1 tablespoon minced onion

1 clove garlic, crushed

2 tablespoons sesame seeds, toasted

1 tablespoon sugar

1 teaspoon ground ginger

3/4 teaspoon salt

6 chicken breasts without skin

Combine ingredients in glass bowl, blending thoroughly. Pour over chicken, cover and marinade in refrigerator at least 1 hour. Grill or broil as usual.

Main Dishes, Poultry