

Honey Sesame Chicken

Crispy honey sesame chicken with sweet-sour sauce. Easy Chinese takeout recipe made at home with tender chicken pieces and sesame seeds.

15 min

PREP

15 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 lb chicken meat
- 1 egg
- 1 cup corn flour
- 1 cup flour
- 1 tsp chili flakes
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp canola oil
- 1 tsp roasted sesame oil
- 1 clove garlic
- 2 tbsp ketchup
- 2 tbsp soy sauce
- 1 tbsp white wine vinegar
- 1 tbsp brown sugar
- 1 tbsp honey
- 1 tbsp sesame
- 1 tbsp scallion

Instructions

1 Prepare the chicken

Cut 3 pounds boneless, skinless chicken into 1-inch cubes. Pat completely dry with paper towels and set

aside.

2 **Make the coating**

Beat 1 egg in a shallow bowl. In a separate bowl, whisk together 1 cup all-purpose flour, 1 cup cornstarch, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon red pepper flakes.

3 Dip each chicken piece first in the beaten egg, then coat completely in the flour mixture. Place on a plate and let rest for 5 minutes to help coating adhere.

4 **Heat oil and fry chicken**

Heat 2 tablespoons vegetable oil in a large skillet or wok over medium-high heat until shimmering, about 350°F (175°C). Working in batches, fry chicken pieces for 4-5 minutes per batch until golden brown and cooked through (internal temperature 165°F/74°C).

5 Transfer fried chicken to a paper towel-lined plate and keep warm while you make the sauce.

6 **Make the honey sesame sauce**

In a small bowl, whisk together 1 teaspoon minced garlic, 2 tablespoons soy sauce, 2 tablespoons honey, 1 tablespoon rice vinegar, and 1 tablespoon brown sugar until smooth.

7 Heat 1 tablespoon sesame oil in the same skillet over medium heat. Add the sauce mixture and cook, stirring constantly, until it bubbles and thickens slightly, about 2-3 minutes.

8 **Combine and serve**

Return fried chicken to the skillet and toss gently with the sauce for 1 minute until all pieces are evenly coated. Sprinkle with 1 tablespoon sesame seeds and serve immediately.

Tips

Cut chicken pieces uniformly to ensure even cooking - aim for 1-inch cubes that will cook through at the same rate.

Let the coated chicken rest for 5-10 minutes before frying to help the coating adhere better and create a crispier crust.

Test oil temperature with a small piece of coated chicken - it should sizzle immediately when added to properly heated oil.

Don't overcrowd the pan when frying as this will lower the oil temperature and result in soggy, greasy chicken.

Toast sesame seeds in a dry pan for 2-3 minutes before using as garnish to enhance their nutty flavor and aroma.

Make the sauce while the chicken fries to save time, but wait to combine them until just before serving to maintain crispiness.

For extra crispy chicken, double-dip each piece: egg, flour mixture, egg again, then flour mixture before frying.

If the sauce becomes too thick, thin it with a tablespoon of chicken broth or water; if too thin, simmer longer to reduce.