

Ball? Susaml? Tavuk

Ç?t?r tavuk parçalar?n?n ball? susaml? sosla bulu?tu?u nefis Çin usulü tarif. Evde kolayca yapabilece?iniz restoran lezzeti!

15 min

HAZIRLIK

15 min

PI?IRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Ball? Susaml? Tavuk

Malzemeler

- 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

Yap?l???

- Prepare the chicken**

Cut 3 pounds of boneless, skinless chicken into 1-inch cubes. Pat completely dry with paper towels.
- Beat 1 egg in a shallow bowl. Season lightly with salt and pepper.
- Make coating mixture**

Combine 1 cup all-purpose flour, 1 cup cornstarch, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon red pepper flakes in a large bowl. Whisk until evenly mixed.
- Dip each chicken piece first in beaten egg, then coat thoroughly in flour mixture. Place coated pieces on a plate and repeat until all chicken is coated.

- 5 **Heat oil for frying**
Heat 2 tablespoons vegetable oil in a large wok or heavy skillet over medium-high heat until shimmering, about 350°F (175°C).
- 6 Fry chicken pieces in batches without overcrowding until golden brown and crispy, 4-5 minutes per batch. Transfer to paper towel-lined plate and set aside.
- 7 **Make honey sesame sauce**
Whisk together 2 tablespoons ketchup, 1 tablespoon white vinegar, 1 tablespoon honey, 1 tablespoon soy sauce, and 1 tablespoon brown sugar in a small bowl until smooth.
- 8 Heat 1 tablespoon sesame oil in the same wok over medium heat. Add 1 minced garlic clove and stir-fry until fragrant, 30 seconds.
- 9 Pour in the honey sauce mixture and cook, stirring constantly, until bubbling and slightly thickened, 1-2 minutes.
- 10 **Combine and serve**
Return fried chicken to the wok and toss with sauce until evenly coated, about 1 minute. Remove from heat.
- 11 Transfer to serving plate and sprinkle with 1 tablespoon sesame seeds and chopped green onions. Serve immediately with steamed rice.

?puçlar?

Tavu?u küçük parçalar halinde keserek hem pi?me süresini k?salt?n hem de sos emilimini art?r?n.

Ya??n s?cakl??n? kontrol etmek için küçük bir ekmek parças? at?n; h?zla köpürürse ya? haz?rd?r.

Tavu?u k?zart?rken tavas?n? a??r? doldurmay?n, aksi takdirde ç?t?rl?k azal?r.

Sosu haz?rlarken sürekli kar??t?r?n, yoksa dibe yap??abilir.

Susam tanelerini hafifçe kavurursan?z aromas? daha yo?un olur.

Tavu?u sosla kar??t?rd?ktan hemen sonra servis edin, aksi takdirde ç?t?rl??n? kaybeder.

Daha az kalorili versiyon için air fryer'da 180°C'de 12-15 dakika pi?irebilirsiniz.

Ekstra lezzet için sosa biraz zencefil rendesi ekleyebilirsiniz.