

From Raymond – May 2013 W4 (May 26)

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Tahini Marinated Chicken with Honey, Yogurt, and Ginger Sauce

From [“The Olives Table” by Todd English](#)

Serves 4

Ingredients

Tahini Marinade

3 scallions (white part only) chopped
1 tablespoon minced peeled fresh ginger
2 garlic cloves
2 tablespoons sesame tahini
½ cup plain yogurt
½ cup water

4 whole boneless, skinless chicken breasts
1 tablespoon olive oil
1 teaspoon kosher salt
½ teaspoon black pepper

Honey, Yogurt, and Ginger Sauce

2 teaspoons olive oil
1 tablespoon minced peeled fresh ginger
¼ cup chopped scallions
1/3 cup honey
½ cup plain yogurt

To make the tahini marinade: Place the scallions, ginger, garlic, tahini, yogurt and water in a food processor and blend until it has a creamy consistency. Place it in a large bowl and add the chicken breasts. Cover and refrigerate for at least 4 hours, or overnight.

Place a large pan over medium-high heat and when it is hot, add the olive oil. Remove the chicken from the marinade, discarding the marinade. Sprinkle the chicken breasts with salt and pepper and add them to the pan. Cook until they are golden, about 4 to 5 minutes per side. Set aside.

To make the sauce: Place a medium pan over medium-high heat and when it is hot, add the olive oil. Add the ginger, scallions, honey and cook for 1 to 2 minutes. Let cool slightly, then add the yogurt. Serve over the chicken.