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Take the high road to Beijing with this chicken dish

Description

Road to Beijing Chicken

Join the spirit of the Games during this Olympic year with my Road to Beijing Chicken dish. Its old world Asian flavors will liven up your senses as your guests cheer the chef on to victory.

10 boneless, skinless chicken thighs
3 tablespoons light soy sauce
2 tablespoons canola oil
1 teaspoon sesame seeds
1 teaspoon salt
Â½ teaspoon freshly ground pepper
1 tablespoon gin

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1 cup sugar
1 cup chicken stock
Â¼ cup balsamic vinegar
Â¼ cup red wine vinegar
Â½ cup lemon juice, freshly squeezed
1 tablespoon lemon zest or finely chopped lemon rind
1 tablespoon cornstarch

6 medium carrots, thinly sliced (I feed these through my KitchenAid thin slicer.)
1 large green pepper, thinly sliced
4 scallions, chopped in small pieces
1 heart Romaine lettuce, chopped and reserved for serving.

Preheat oven to 375 degrees. Thoroughly rinse chicken thighs and place in baking dish. Mix soy sauce, canola oil, sesame seeds, salt, pepper and gin. Pour mixture over chicken and refrigerate for 20 minutes. Bake for 45 minutes, uncovered.

During the baking process, slice carrots, green pepper and scallions and set aside.

In medium saucepan, combine sugar, chicken stock, balsamic vinegar, red wine vinegar, lemon juice and lemon zest or peel. Bring to a low boil and stir in cornstarch. Remove from heat. Just before serving this dish, add carrots, green pepper and scallions to saucepan. Warm vegetables through.

Place chopped Romaine in serving dish. Layer chicken thighs on bed of lettuce. Smother with sauce. Let the Games begin.