

Posted on 6 May 2015

by ewfood

Slow Cooked Sesame Ginger Chicken



Ingredients

1 tablespoon sesame oil
8 bone-in chicken thighs (2 3/4 pounds), skinned
Cooking spray
1/4 cup lower-sodium soy sauce
2 tablespoons light brown sugar
2 tablespoons fresh orange juice
5 teaspoons hoisin sauce
1 tablespoon minced peeled fresh ginger
1 teaspoon minced garlic
1 tablespoon cornstarch
1 tablespoon cold water
2 teaspoons toasted sesame seeds
2 tablespoons sliced green onions

Preparation

1. 1. Heat a large nonstick skillet over medium-high heat. Add oil to pan
2. swirl to coat. Add chicken
3. cook 4 minutes on each side or until golden. Transfer chicken to a 4-quart electric slow cooker coated with cooking spray.
4. 2. Combine soy sauce and next 5 ingredients (through garlic)
5. pour over chicken. Cover and cook on LOW for 2 1/2 hours or until chicken is tender. Transfer chicken to a platter
6. keep warm.
7. 3. Pour cooking liquid through a sieve into a small saucepan to measure 1 1/4 cups. Discard solids. Bring cooking liquid to a boil over medium-high heat. Combine cornstarch and 1 tablespoon cold water in a small bowl. Add cornstarch mixture to sauce, stirring with a whisk until blended. Return to a boil. Cook 1 minute or until sauce thickens, stirring constantly. Serve sauce over chicken. Sprinkle with sesame seeds and green onions.

Cooks Note