

PERILLA RISOTTO, WITH SESAME CRUSTED CHICKEN

INGREDIENTS

for the risotto

3 cups chicken stock

1/4 cup chopped shallots

olive oil

1 cup arborio rice

1/4 cup brandy or white wine

2/3 cup grated parmesan

4 tablespoons perilla, very finely minced

Salt and pepper to taste

for the chicken

2 chicken breast, sliced in half lengthwise (thus, 4 cutlets)

olive oil

2 tablespoons toasted sesame seeds

salt and pepper to taste

DIRECTIONS

Bring chicken stock to simmer; keep hot but not boiling. Gently pound chicken breasts between two pieces of plastic wrap to uniform in thickness, about 1/2 inch thick. Set aside.

Heat 1 tablespoon olive oil in heavy large saucepan over medium heat. Add shallots; sauté 2 minutes. Add rice; stir 2 minutes. Add brandy or white wine; reduce heat to medium-low. Simmer until brandy or wine is absorbed, stirring constantly, about 2 minutes. Add chicken stock, one ladle full at a time. Simmer until rice is just tender and mixture is creamy, adding remaining broth by ladles as needed and stirring often, about 20 minutes. Add parmesan and perilla. Remove from heat.

During the last 10 minutes of the risotto cooking, season the chicken breast with salt, pepper and liberally with the sesame seeds. Heat a skillet with 2 tablespoons of olive oil to shimmering. Place in the chicken breasts and cook, avoid moving them too much, lest the sesame seeds fall off, about 2- 1/2 to 3 minutes per side.

Plate the risotto and chicken, and garnish with additional perilla leaves and sesame seeds. Serve immediately.