



grilled sesame lime chicken breasts

ingredients

4 (6-ounce) boneless, skinless chicken breasts
2 tablespoons soy sauce
2 teaspoons Asian-style fish sauce
1 (2-inch) piece ginger, peeled and grated
3 garlic cloves, grated
2 limes, as needed
2 tablespoons peanut oil, more for grill
Sesame oil, as needed
coarsely chopped cilantro, for garnish
thinly sliced red or green chilies, seeded, for garnish (optional)
a wooden spoon



place chicken breasts between two sheets of parchment or plastic wrap. using a mallet or rolling pin, pound each to an even thickness of 1/2 inch. do not make them any thinner or they could dry out.

in a large bowl, whisk together soy sauce, fish sauce, ginger and garlic. grate in zest of 1 lime and squeeze in its juice. whisk in peanut oil. place chicken breasts in bowl and turn breasts well to evenly coat with mixture. cover and refrigerate for at least 1 hour and up to 4 hours. remove chicken from fridge while you heat the grill.

light the grill, building a hot fire, or heat your gas grill to high. once grill is fully heated, brush breasts lightly with peanut oil and place chicken on the grill. cook until undersides are browned and chicken is about halfway cooked, 3 to 5 minutes. flip breasts and grill until cooked through, 3 to 5 minutes more.

transfer chicken to a platter. drizzle with sesame oil; garnish with lime juice and cilantro, and chiles if desired.

Churchill's granddaughter Celia Sandys also told Mr Johnson that her grandfather had told her himself about the time he was on a lecture tour of America and was served a buffet lunch of cold chicken.

"May I have some breast?" he asked his hostess.

"Mr Churchill," she replied, "In this country we ask for white meat or dark meat."

The following day Churchill sent her an orchid, with the message: "I would be obliged if you would pin this on your white meat."