

## **FRESH TOMATO STEW WITH PAN-FRIED CHICKEN**

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Winning entry in 2000 Florida Tomato Committee Recipe Contest

<u>Ingredients</u>	<u>Quantity</u>
Fully ripened fresh Florida tomatoes	1-1/2 pounds (about 3 large)
Skinless, boneless chicken breasts	1-1/2 pounds
Sesame-Ginger Marinade	Recipe follows
Rice vinegar	1/2 cup
Sugar	2-1/2 tablespoons, divided
Julienned fresh fennel	1 cup
Sesame oil	2 tablespoons
Garlic, minced	1 tablespoon
Chopped fresh ginger	1 tablespoon
Soy sauce	1/4 cup
Mirin (sweet rice wine)	1/4 cup
Cornstarch	2 tablespoons
Vegetable oil	2 tablespoons

1. Cut tomatoes in 1-1/2-inch cubes (makes about 4 cups); set aside. Slice chicken in 2-inch cubes; place in a bowl. Add Sesame-Ginger Marinade; let stand about 30 minutes.
2. To pickle fennel: In a small bowl, combine rice vinegar with 2 tablespoons of the sugar. Add fennel; marinate about 15 minutes.
3. To prepare fresh tomato stew: In a small skillet, over medium heat, heat sesame oil. Add garlic and ginger; cook and stir until lightly browned, about 30 seconds; stir in tomato cubes. Add soy sauce, mirin and remaining 1/2 tablespoon sugar; simmer and stir until tomatoes are tender, but still hold their shape, about 5 minutes; over low heat, keep mixture warm.
4. Add cornstarch to chicken; toss to coat. In a large skillet, over medium-high heat, heat vegetable oil. Cook, turning once, until deep golden brown, about 8 minutes.
5. To serve: Surround chicken with tomato stew; top chicken with pickled fennel. Serve with steamed rice and asparagus, if desired.

Yield: 4 portions

**Sesame-Ginger Marinade:** In a small bowl, combine 1/3 cup soy sauce, 1/4 cup sesame oil, 2 tablespoons each sliced fresh ginger and sliced garlic, and 2 thinly sliced green onions (scallions).