

Sauteed Chicken with Moroccan Hot and Sweet Tomato Sauce

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/2	cup	onion - chopped
2	teaspoons	garlic - minced
4		boneless skinless chicken breast - 6 oz each
		salt
		freshly ground black pepper
2	tablespoons	olive oil
2	tablespoons	butter
3/4	teaspoon	ground cinnamon
3/4	teaspoon	ground ginger
1	pinch	cayenne
1	cup	whole plum tomatoes - peeled and seeded
1/2	cup	tomato puree
1	tablespoon	butter - sliced and chilled
		salt and pepper
1	tablespoon	dark honey - use grade B maple syrup or molasses as sub
1	tablespoon	sesame seeds - toasted
2	tablespoons	cilantro - chopped

Puree onion and garlic in food processor until coarse paste forms. Set aside.

Blot chicken dry and season with salt and pepper. Heat olive oil in casserole or Dutch oven over medium high heat until it shimmers. Add the chicken and saute on first side about 2-3 minutes. Turn and saute for 3 minutes. Lower the heat if necessary to avoid scorching. Transfer to plate and keep warm.

Heat butter in the pan over medium heat. Add the onion and garlic puree and cook, stirring frequently, until tender and has a sweet smell, about 10 minutes. Stir in cinnamon, ginger, and cayenne and cook for another 2-3 minutes. Add tomato sauce and honey and simmer another 5 minutes. Season with salt and pepper.

Return chicken to pan. Spoon sauce over chicken, cover, and cook on low until chicken is fully cooked, about 20 minutes. Sprinkle seeds and cilantro over chicken before serving.