

# Sesame Fried Chicken

\*Recipe by Lynden\*

\*Serves 4 to 6\*

## Ingredients

- 1 Lynden Fryer, cut-up
- 1 cup flour
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp monosodium glutamate
- 1/2 cup shortening or oil
- 1/4 cup sesame seeds

## Instructions

1. Combine flour and seasonings in a paper bag.
2. Dredge chicken pieces in the flour mixture.
3. Brown in hot fat.
4. Cover and cook slowly for 20 minutes, turning once.
5. Remove from skillet and cool slightly.
6. Roll each piece in sesame seeds.
7. Return to skillet and turn each piece until seeds are toasted.

## SESAME FRIED CHICKEN

1 Lynden Fryer, Cut-Up	½ teaspoon monosodium
1 cup flour	glutamate
1½ teaspoons salt	½ cup shortening or oil
½ teaspoon pepper	¼ cup sesame seeds

Combine flour and seasonings in paper bag. Dredge chicken pieces in flour mixture. Brown in hot fat. Cover and cook slowly for 20 minutes, turning once. Remove from skillet, cool slightly, then roll each piece in sesame seeds. Return to skillet and turn each piece until seeds are toasted.

4 to 6 servings.

IT'S A PLEASURE ALWAYS TO SERVE YOUR FAMILY



**LYNDEN.**

Sesame  
Fried Chicken

RECIPE CARD  
(SEE REVERSE SIDE)

LYNDEN  
CUT-UP FRYERS

LYNDEN  
FRYER PARTS

LYNDEN  
STEWING CHICKENS

LYNDEN  
TURKEY

LYNDEN  
FARM-FRESH EGGS

LYNDEN CANNED  
CHICKEN, TURKEY  
AND EGG PRODUCTS

LOOK FOR LYNDEN . . . YOUR

FAMILY DESERVES THE BEST