

CHEF SARA RHODES

ORANGE AND MAPLE GLAZED CHICKEN BREASTS

4 chicken breasts, trimmed and pounded
Salt, pepper, Herbs de Provence to season chicken
2 Tbsp. shallots, minced
¼ cup Blood Orange Vinegar
1 ½ tsp. coriander seeds, toasted and crushed
1 tsp. fresh rosemary, finely chopped
2 Tbsp. orange zest
¾ cup fresh orange juice, (3 to 4 oranges)
2 Tbsp. maple syrup
1 Tbsp. butter

In a small sauté pan, toast coriander seeds till fragrant. Transfer to a plate to cool. When cool, grind in a spice grinder.

Heat a sauté pan, with a little olive oil, over medium high heat. Season chicken breasts with the salt, pepper and Herbs de Provence. When the pan is hot, add the chicken breasts and sauté for about 5 minutes per side. Transfer to a warm plate and cover with foil.

In the same pan, add the shallots, zest, coriander and rosemary. Sauté till fragrant. Add the vinegar and cook until the pan is almost dry. Add the orange juice and the syrup. Bring to a boil and cook until liquid is reduced slightly and starting to thicken. Add the butter to finish.

On a cutting board, shingle cut chicken breasts. Plate and drape sauce over chicken.

