



Herb Rubbed Chicken with Candied Beets Over Raisin Scallion Coriander Rice & Lemon White Wine Sauce

Camine Pappas / Serves 4 / January 2019

INGREDIENTS:

CHICKEN:

4 chicken breasts cut to 6 oz. servings
2 T of your favorite spice rub*
2 T finely chopped Italian leaf parsley
3 – 4 t light olive oil
2 t kosher salt
1 t black pepper

RICE:

Blend 1 ½ C vegetable stock, ¾ C jasmine rice with ¼ C golden raisins and 3 small scallions chopped including greens with the rice to cook. When done add 1 t coriander powder, 1 t salt, and 2 t heavy cream.



BEETS: 4 small red beets, peeled, with 1 inch of the tops intact, cleaned and trimmed thoroughly. 2 T oil, 2 t kosher salt. 2 T honey, 1 t rice wine vinegar. Cook beets on a baking sheet at 400 degrees with oil and salt for about 25 minutes, or until soft. Remove and put in a bowl. Let cool for about 5 minutes. Then toss with the honey and vinegar. Serve.

SAUCE: Reduce ½ C dry white wine for about 3 minutes, add 3 t fresh squeezed lemon juice, a dash of salt and pepper and finish with 2 t real maple syrup. Thicken slightly with about 1 T corn starch dissolved in ¼C water. Whisk in slurry well until slightly thickened.

METHOD:

Combine spice mix, parsley, and oil as noted above in ingredients. Spread over the chicken and place in an oiled baking dish. Cook at 375 degrees F for about 15-20 minutes or until medium. Do not overcook. Serve over rice, with the lemon white wine sauce and the candied beets.**

**1 t each of paprika, coriander, herbs de Provence, cumin, cinnamon, ginger, turmeric. Dash of nutmeg and cardamom.*

***Top with quick pickled cucumbers if desired. I add sliced cukes to a bowl, and cover with about ½ C red wine vinegar and 2 T sugar and let sit for 1 hour.*

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