

Macadamia Crusted Chicken with Pomegranate Glaze - Asia

Ingredients:

6 boneless skinless Chicken Breasts
1 - 6oz bag of Macadamia Nuts
1 - 16 oz bottle of Pomegranate Juice
1 - 6oz bag of Panko (Japanese Bread Crumbs)
Optional: $\frac{1}{4}$ t Nutmeg or Allspice
2T Balsamic Vinegar (good brand that is aged)
2 Eggs whipped with 2T Water
Salt and Pepper to taste



Instructions:

Glaze: Heat stove to medium-high. Place pomegranate juice into a pot; stir every 5 minutes for 30 minutes. Preheat oven to 425°F.

While glaze is reducing, season egg mixture with salt and pepper (1/2 t of each) set aside.

Break macadamia nuts into small pieces by puncturing a small hole on the bag and beat the bag with rolling pin. A food processor can be used on pulse but not too much, don't get mush.

Open the bag of panko and mix two parts panko to 1 part nut pieces. Season this with Salt and Pepper - same amount (1/2 t of each). Use hands to blend mixture. This is the breading.

Setup your baking sheet, I line mine with a silicon mat so that the chicken won't burn.

Clean up the chicken breasts from fat, gristle and tendons then place in the egg mixture to coat. Drain chicken for 10 seconds then place in nut/panko mixture and press hard with your hand. Flip the chicken over and press again.

Then place breaded chicken on the baking sheet in oven for 5 minutes.

Reduce heat to 350°F. Cook 10 minutes. Turn the baking dish, continue to cook for another 10 minutes.

The pomegranate glaze should have now reduced by 1/2. Reduce until glaze coats the back of a spoon, then add the balsamic vinegar. The balsamic vinegar will add a depth to the glaze.

To Serve: plate chicken, then drip about 2T of Glaze around the chicken in a pretty pattern for dipping. Or top chicken with 2T of the glaze all over. Not too much glaze.

Serve with Coconut Rice or Coconut Couscous.

Yields 6 servings

