



BAKED CHICKEN WITH TOASTED SPICES AND ORANGE-APRICOT GLAZE

Ingredients

Spice Mixture for Chicken:

- 1 1/2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 1/2 cup chopped fresh cilantro leaves
- 1 bunch scallions, trimmed and minced
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 8 skinless chicken breast fillets skin removed (organic preferred)

Curried Mustard Mayo:

- 1 teaspoons canola oil
- 2 teaspoons minced fresh ginger
- 1 tablespoon minced fresh garlic
- 1 teaspoon sweet curry powder
- 1/3 cup mayonnaise
- 1/2 tablespoons honey Dijon mustard
- 3 tablespoons minced fresh cilantro leaves
- Sea salt and freshly ground black pepper

Orange-Apricot Glaze

- 4 tablespoons apricot preserves, chopped
- 1 tablespoons unsalted butter
- 1/2 C orange juice
- 1/4 teaspoon cayenne pepper
- Canola oil
- 3 cups really fresh, crisp watercress leaves
- Cilantro and watercress sprigs for garnish, optional

Cookee's Tool Kit

Baking Sheet
Silicon Mat
Sauté Pan
Mortar & Pestle or
Spice Grinder
Large Bowl
Small Bowl
Serving Platter
Small Food Processor



Officer Andy's Safety Corner

While in the
kitchen, be
aware of where
children are.
Keep children
away from a hot
oven.



Class Kids
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Directions

Prepare a baking sheet by lining it with foil or use a silicon mat. Using a silicon mat means you can cook with less fat.

Spice mixture: Use a small sauté pan, heat over medium heat for 2 minutes, then add coriander and cumin seeds and toast the spices moving them in the pan for 2 minutes or until fragrant and lightly browned.

Remove from pan, allow to cool, then grind spices using a mortar and pestle or a spice grinder.

Place ground spices in a large bowl; add cilantro, scallions, kosher salt and 1/2 teaspoon pepper; mix well.

Chicken: Cover each chicken breast with this mixture and refrigerate for one hour.

Curried Mustard Mayo: Using the same sauté pan that spices were toasted in, add and heat canola oil over medium heat. Add ginger and garlic and sauté for 2 minutes. Stir in curry powder and continue to sauté for 1 minute. Remove mixture to a mini food processor; reserve pan. Add mayonnaise and mustard to processor and puree.

Remove to a small bowl, stir in cilantro and season, to taste, with sea salt and pepper. Refrigerate until needed.

Orange-Apricot Glaze: Place preserves, butter, orange juice and cayenne in reserved saucepan and cook over medium heat, stirring, until preserves and butter have melted. Boil glaze for 4 minutes. Remove from heat and set aside.

Bake Chicken at 400 degrees F for 6 minutes or broil for 3 minutes each side using middle shelf. Brush Chicken with half of the glaze; cook for 1 minute. Flip Chicken, brush with remaining glaze; Cook for 1 additional minute. Remove from heat. Allow chicken to rest for 3 minutes. This makes the chicken juicy.

Place the Chicken on top of the watercress leaves and top with 1 teaspoon of mayonnaise mixture;

Garnish platter or dinner plates with cilantro and watercress sprigs, as desired.

Prep time: 10 minutes

