



Miami-Spice Crusted Chicken

Serves 6 as a Main Course

This bright, flavorful spice crust is reminiscent of an old classic shake-and-bake mixture. The flavorful marinade does double duty working as a delicious sauce for vegetables. This recipe comes together quickly: prepare the marinade and go. While you are out and about your chicken can marinate. When you return, bread it and into the oven it goes. Flavorful home-style cooking. Comfort food. Perfect for this time of year.

Ingredients:

6 boneless, skinless chicken breasts (about 6 to 8 ounces each)

For the marinade:

3 tablespoons extra-virgin olive oil

2 teaspoons dry mustard

2 teaspoons wildflower honey

2 teaspoons ground coriander

2 teaspoons ground ginger

2 cloves garlic, through a garlic press

2 tablespoons fresh squeezed lemon juice

1 teaspoon coarse salt

1/4 teaspoon cayenne pepper

For the breading:

3 eggs, gently beaten and lightened with a splash of milk

3 cups homemade bread crumbs, seasoned with sea salt (a subtle, smoky salt is especially nice here) and fresh ground pink peppercorns

1 cup unbleached flour

Preparation:

Place the chicken breasts into a large zip top bag. Combine the ingredients for the marinade and pour on to the chicken. Close the bag and massage the marinade around and into the chicken. Place in the refrigerator to marinate at least 2 hours, but as long as 8 hours.

Preheat the oven to 350° F. Place a non-stick roasting pan in the oven while it preheats. Remove the chicken from the refrigerator. *Note: if you don't have a non-stick roasting pan, place what you do have in for the preheat. When you remove the pan from the oven, spray it with a non-stick cooking spray.*

Place the lightened eggs in a shallow bowl. Put the bread crumbs and the flour into separate shallow bowls. Dredge each chicken breast in the flour, then into the egg wash, then into the bread crumbs generously covering the chicken breast. Set aside. Repeat with remaining chicken breasts.

Carefully remove the roasting pan from the oven. Place the chicken breasts into the hot pan and return to the oven. Bake for 20 minutes then turn the breasts over. Bake for an additional 10 minutes. The breading should be golden brown and the juices from the chicken breast run clear when pierced with a knife.

Place the baked chicken on a warmed platter and serve immediately.

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