

PAN SEARED CHICKEN BREAST WITH TANGERINE GINGER GLAZE

INGREDIENTS

For the Tangerine Ginger Glaze

1 cup fresh tangerine juice
1/2 cup mirin
1/4 cup soy sauce
2 tablespoons firmly packed brown sugar
1 tablespoons granulated sugar
2 tablespoons peeled and grated fresh ginger
1/2 teaspoon chopped garlic
1/2 teaspoon grated tangerine zest
1 teaspoon cornstarch (in 1 teaspoon water)

For the Chicken

4 boneless skinless chicken breasts
Peanut oil
Salt and Pepper, to taste

DIRECTIONS

Combine the tangerine juice, mirin, soy sauce, sugars, ginger, garlic, and zest in a small saucepan over medium heat. Simmer and reduce by half, about 20 minutes. Make a slurry by mixing the corn starch with the water. Add the slurry to the simmering glaze and allow to simmer another minute. The glaze should be as thick as maple syrup. Reserve one quarter of the glaze in a separate small bowl.

Heat a non-stick skillet over high heat. Cut each chicken breast into 4 pieces, about 2 inches by 1 inch each, rub with oil, and season with salt and pepper. Sear the chicken pieces, turning often, and brushing 2 or 3 times with the glaze. Watch carefully because the sugars in the glaze can burn; reduce the heat as necessary. When the chicken is cooked through, after about 7 minutes, remove the pan and spoon the reserved glaze over the chicken just before serving.