
Barbecued Marinated Chicken Breast

Shirley Petreye

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

8 boneless chicken breast halves, skin removed
2 cloves garlic, minced or pressed
2 teaspoons grated fresh ginger root
1 teaspoon freshly ground pepper
1 teaspoon ground cumin
2 teaspoons curry powder
1 teaspoon dried oregano leaves
4 tablespoons soy sauce
4 tablespoons olive oil
1 tablespoon lemon juice
dry white wine (optional)
8 teaspoons butter
fresh mint (for garnish)

Place the chicken breasts in a single layer in a glass or ceramic pan.

In a bowl, combine the garlic, ginger, pepper, cumin, curry powder and oregano. Blend in the soy sauce, oil and lemon juice. You may also add a small amount of wine, if wanted. Spread the mixture over the chicken breasts, coating each piece well.

Cover and refrigerate for three hours or up to three days (The longer the better).

Heat barbecue coals until they are evenly coated with white ash. Place the chicken breasts on the grill. Cook for 5 minutes on each side. Remove from the grill.

Place a teaspoon of butter on each breast. Garnish with fresh mint.

Serve immediately.

Chicken, Grilled

Per Serving (excluding unknown items): 2817 Calories; 193g Fat (62.5% calories from fat); 247g Protein; 13g Carbohydrate; 3g Dietary Fiber; 825mg Cholesterol; 5165mg Sodium. Exchanges: 1/2 Grain(Starch); 35 Lean Meat; 2 Vegetable; 17 Fat.