
Chicken with Spicy Apple Glaze

Paula Rochman - New York

North American Potpourri - Autism Directory Service, Inc - 1993

chicken

1 large onion

1 large Golden apple, peeled, cored and diced

1/2 cup cider vinegar

1 1/4 cups apple jelly

1/2 cup apple cider

1/4 cup apple jack

3 large cloves garlic, minced

1 tablespoon tarragon, crumbled

1 teaspoon allspice

1/2 teaspoon sage

1/2 teaspoon cracked peppercorns

2 tablespoons Tabasco sauce

salt

Season the meat with salt, pepper, allspice, tarragon and sage. Cover and let stand for 45 minutes at room temperature.

In a saucepan, combine the chicken, onion and apple. Cover and cook on medium heat until tender. Uncover and cook until the liquid is reduced to one tablespoon, about 3 minutes.

Add the jelly, cider, apple jack, garlic, tarragon, allspice and peppercorns. Simmer until thick, about 20 minutes.

Transfer the mixture to a food processor. Blend to a chunky puree'. Brush the mixture onto the chicken.

Grill the chicken until desired doneness, turning occasionally to brush the sauce on both sides.

Chicken

Per Serving (excluding unknown items): 1157 Calories; 1g Fat (0.7% calories from fat); 3g Protein; 300g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 446mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1 Fruit; 0 Fat; 17 1/2 Other Carbohydrates.