



Baharat Crusted Chicken with Succotash and Tomato-Coconut Cream

Serving:

6

Type:

Meat

Author:

Dini Klein

Notes:

From Dini Klein:

Baharat spice is commonly found in Middle Eastern Cuisine and while there are many variations, allspice, cumin and coriander are always present. For this dish I added in turmeric and oregano to make it my own, and give it some more character. This blend is very versatile and makes a great rub on most proteins.

Ingredients:

Chicken:

6 chicken French breast, skin on, bone out (marinated)
salt and pepper

Baharat Spice:

2 T oregano
3 teaspoons coriander
3 teaspoons cumin
turmeric
1/4 teaspoon allspice

Vegetable Succotash:

Olive oil
1/2 red onion, diced
1 cup fresh corn
1 cup fennel, diced
1 poblano pepper, charred, peeled, stems and seeds discarded, small dice
1 cup plum tomato, diced
salt to taste

Sauce:

2 tablespoons Olive oil
2 cloves garlic
1 tablespoons fresh minced ginger
1 1/2 cups crush tomatoes
1 cup canned coconut milk
1/2 teaspoon oregano
1 teaspoon turmeric
1/4 teaspoon crush red chili flakes
Salt and pepper

Garnish with fresh parsley or fennel fronds

Directions:

Chicken:

Optional - Marinate chicken overnight in garlic, olive oil, rosemary, red wine vinegar, salt and pepper. Dry off well and proceed with the recipe. Season chicken with salt and pepper on both sides. Mix together baharat spice ingredients and sprinkle evenly over both sides of chicken. Pan sear until crisp and finish in the oven at 400 degrees until internal temperature reaches 165 degrees.

Vegetable Succotash:

Saute vegetables separately and then mix together being sure not to overcook the vegetables.

Make sauce:

Saute the ginger and garlic until fragrant. Add in remaining ingredients and bring to boil. Cover and simmer 15-25 minutes. Blend with an immersion blender and blend until smooth. Run through a mesh sieve to make a silky sauce. Season with salt and pepper.

Arrange chicken over bed of succotash and serve with sauce. Garnish with fresh parsley or fennel fronds.