



Honey Soy Chicken

There's about a zillion recipes out there for Honey Soy Chicken. I found an excellent one, made it, then lost it. I wanted to make it again, found another one, and saved it. Here it is, found on Essen Rezepte YouTube.

Ingredients:

3 boneless skinless chicken breasts
salt
pepper
3 1/2 tablespoons butter (divided, 3 T and 1/2 T)
1/4 cup flour
4 garlic cloves, finely chopped
1 1/2 tablespoons apple cider vinegar
1/3 cup honey
1 tablespoon soy sauce

1. Dry the chicken with paper towels. Then cross score the chicken breasts on one side.
2. Season with salt and pepper. (the next time I make this, I will not use the salt. The soy sauce is enough for me)
3. Dredge the breasts in flour, making sure the cross-cuts are floured as well.
4. Melt 3 Tbsp butter in a frying pan (preferably iron).
5. When melted, put the chicken in the pan, and cook on medium heat for 5-6 minutes until nicely browned.
6. Flip the chicken over to brown the other side, another 5-6 minutes or so.
7. While chicken is cooking, mix the 1/3 cup of honey, 1 tablespoon of soy sauce, and 1 1/2 tablespoons of apple cider vinegar in a small bowl. You can substitute maple syrup for the honey.
8. When the chicken is nicely browned on both sides, move the chicken to the sides and add the last 1/2 tablespoon of butter and the chopped garlic in the center. Mix the garlic around, and cook for about two minutes, until slightly browned.
9. Add the honey / soy / vinegar mix to the pan and simmer for 2-3 minutes, stirring occasionally, until the sauce has thickened.
10. Periodically pour sauce over the chicken with a spoon. You can flip the chicken to coat both sides.
11. Check the internal temperature of the chicken. It should be 160-165° F.
12. Remove the pan from the heat and garnish.

The original recipe calls for chives. I didn't have any, so I used parsley. While cooking, I sprinkled a small amount of red pepper flakes on the chicken, and if you like a bit of spice, I recommend it.

www.rediware.com