

Spiced Spanish Chicken

**SPICE
TRAVELER**
Prescott, AZ

1 lb. Thin-sliced Chicken Breasts, or Tenders	1/2 t sea salt
1 yellow onion, sliced thin	1/2 t (or generous amount) freshly ground black pepper
2 cloves garlic, minced	1 large orange
1/4 C flour	1/4 C white wine, or water
1 T Smoked Spanish Paprika	1/4 C good quality chicken broth
1 T Coriander, ground	2 T Olive Oil
1 T Allspice, freshly ground	

(Set aside about 1/4 teaspoon each of the spices and mix together)
Combine flour with remaining paprika, coriander, allspice, salt, pepper and zest from the orange (save the orange for later).
Heat a large saute pan to medium-high. Drizzle olive oil to coat bottom of pan. Dredge chicken pieces well in the flour mixture and place in pan. Turn occasionally to brown all sides nicely and remove to a plate. Reduce heat to medium-low and deglaze the pan by adding the wine, scraping the bottom to loosen up any brown bits. Add the garlic and onion to the pan and saute one minute. Add broth, and the juices from the orange. Return the chicken pieces to the pan, sprinkle with reserved spice mix. Cover and simmer gently until the chicken is cooked through, (10 minutes).

Captain's Note:

Quick, easy...and impressive served with a spoonful of Grape Salsa over the top!

Erin Van Patten 2012