

Seared Chicken with Ginger-Honey Glaze and Seasonal Vegetable Stir-Fry

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef

4 split chicken breasts with skin on and wing attached
4 leg and thigh pieces with thigh bone removed
1 tablespoon fresh ginger cut into slivers
1 teaspoon fresh garlic cut into slivers
1 tablespoon seasoned rice wine vinegar
1 tablespoon soy sauce
½ cup honey
1 ½ tablespoons canola oil
Seasonal vegetables
Kosher salt and black pepper to taste

For the glaze: In a dry pan on medium heat add the ginger and garlic and let it sweat until they start to sizzle. Add the vinegar and soy sauce and reduce until almost dry. Add the honey and bring up to a boil then turn the heat off. Let this sit for at least 30 minutes before starting the chicken. This can either be strained or left chunky.

For the chicken: Preheat the oven to 400 degrees. Place the chicken skin side down on a paper towel to remove excess moisture. This will help in making the skin crispy and will also prevent sticking to the pan. Set aside. Set a medium sauté pan on medium-high heat and add the oil. While the pan is getting hot, season the chicken on all sides with salt and pepper. First place the leg and thigh piece skin down into the pan then 2 minutes later place the breast skin down into the pan. Immediately place in the oven. After 5 minutes turn the chicken pieces and add the glaze to the skin. Finish cooking in the oven. Remove the breast after 10 minutes then remove the leg and thigh 5 to 7 minutes later. Place on a plate and keep covered.

For the veggies: Place a medium sauté pan on medium heat. Add a little oil to the pan and once it starts to smoke add veggies of choice and season and quickly cook until tender. Right before serving, season with salt and pepper.

Note: The more thin the vegetables are cut the faster they will cook.