

Apple Cider Chicken

A Sweet & Savory Twist on a Classic

1 ½ cups apples, diced
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground cloves
2 tablespoons white vinegar
1 ½ pounds chicken breast
1 tablespoon unsalted butter
2 ½ tablespoons all-purpose flour
2 ¾ cups apple cider

Directions

Marinate chicken; combine apple cider, cloves, ginger and cinnamon to make marinade. Reserve 2/3 of marinade in bowl. Pour 1/3 of the marinade over chicken; cover and refrigerate overnight. Next day: preheat oven to 325 degrees Fahrenheit. Roast chicken for 40 minutes until internal temperature reaches 165 degrees Fahrenheit. While chicken is roasting, heat remaining 2/3 of marinade in a saucepan until it reaches 165 degrees Fahrenheit. Melt butter in separate saucepan. Stir in flour to make a roux, cook 5 minutes then stir into marinade until smooth, thickened and flour taste has disappeared. Simmer for about 20 minutes. Add apples to sauce and continue to simmer for 5 minutes until apples are tender. When chicken is done roasting, remove from oven and drain juices (you can discard juice). Serve chicken breast with ladled sauce over each chicken breast.

