

Pepper Jelly Glazed Chicken

*From Patricia Pascall, Executive Chef,
Caribbees Hotel, St. Lucia, West Indies*



Ingredients:

- 4 boneless chicken breasts
- 1/8 tsp. salt
- 2 scallions, chopped
- 1/4 ea. yellow and red bell pepper,
diced
- 3+ T. Busha Browne Original Pepper
Jelly
- 3+ T. chicken stock (homemade or
canned)

To Prepare:

Julienne the chicken breasts, pinch in the salt and set aside to marinate for 10-20 min. while preparing veggies.

Place scallions in very hot non-stick pan and sauté lightly. Add diced peppers and sauté until they soften just enough to lose their "crunch." Add pepper jelly to taste; allow to melt into the veggies. Add the chicken stock, starting with 3 T., (over)

adding more as needed. Bring to a boil and let simmer for a few min., making sure veggies don't get mushy.

Add chicken, stirring and coating with the glaze while cooking (about 5-7 min. depending on heat of the pan). Serve chicken over rice or tri-color pasta with a green veggie or salad. Makes 4 servings.

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