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Cooking with the Club

with Chef Robert Larios



DRUNKEN CHICKEN AND SPINACH RICE

As you know, I like recipes that are quick, easy to make and that taste amazing. So here's a great recipe that has ingredients that most of us have in our pantries. Of course, if you don't have some of them then you are sure to find them at your local grocery store.

I've been asked about the use of brown rice, and I am a proponent of its use with some kind of stock like beef, vegetable, or chicken. It takes the flavor up several notches than with just plain water.

Drunken Chicken and Spinach Rice

Makes 2-4 Servings

INGREDIENTS:

- 2 chicken breasts
- Sea salt and pepper to taste
- The juice of two lemons
- 2 tablespoons honey
- 2 tablespoons cumin
- 2 ounces tequila (optional)
- 1/4 cup diced shallots or yellow onion
- 2 tablespoons extra virgin olive oil
- 1 cup rice (your preference with variety, but I used brown rice)
- 1 cup chicken stock
- 1/2 cup spinach
- 1 tablespoon dried parsley

Cooking TIDBIT

It is recommended that the chicken be marinated in a Ziplock bag. The use of seafood instead of chicken is a plausible alternative.

DIRECTIONS:



1 In a bowl, place the juice of the lemons and the lemons themselves, honey, salt and pepper (to taste), the cumin, chicken, and tequila. Toss to marinate the chicken. Cover with plastic wrap and place in the refrigerator and let marinate for one hour; overnight is preferred.



3 Once the stock is boiling in the rice, reduce heat and place spinach on top of the rice and cover with lid. Taste test the rice, and if the texture is not soft enough, add more stock and cook until the stock has evaporated.



2 In a large skillet on medium heat, add the olive oil, diced onions, and brown rice. Stir and let cook until rice appears golden browned and toasted. Add the cup of chicken stock. Be careful when adding the stock, as the combination of stock and oil causes steam that could burn hands and arms if not careful.



4 Take the marinated chicken and place on a grill. Grill both sides of the chicken breasts for about five to 10 minutes on each side. Serve and enjoy!

[A Cook's Dictionary]

Cumin:

Also called comino, this ancient spice dates back to the Old Testament. Shaped like a caraway seed, cumin is the dried fruit of a plant in the parsley family. Its aromatic, nutty-flavored seeds come in three colors: amber (the most widely available), white, and black (both found in Asian markets).



White cumin seed is interchangeable with amber, but the black seed has a more complex, peppery flavor. Cumin is available in seed and ground forms. As with all seeds, herbs and spices, it should be stored in a cool, dark place for no more than six months. Cumin is particularly popular in Middle Eastern, Asian and Mediterranean cooking.

Bibliography: © Barron's Educational Services, Inc. 1995, based on *The Food Lover's Companion*, second edition, by Sharon Tyler Herbst.

Fun Food Quote:

"Good conversation is the best food for the soul."

– Mexican proverb

