

Chef from the Hood Recipes



Chef:

Brent Farris – home cook, foodie, soccer dad & KZST.100.1 radio!

Restaurant:

KZST Listener Cruise

Recipe:

Brent's Coconut-Rum Chicken!

Every year I take hundreds of listeners on the nearly famous KZST Listener's Cruise. This year's destinations are Alaska and The Caribbean; a few years ago we set sail to Puerto Rico. I'd heard that the tour of the rum factory in Cataño was not to be missed, so off we went on a rickety bus to the home of some of the best rum on the planet. 15 minutes out of Puerto Rico we saw plantations where the sugar cane is grown and factories where the cane is turned into rum and pumped into millions of bottles.

After the tour we hit the "all you can taste" rum tasting room, featuring 100 flavors of rum. It was there that I was inspired to create Coconut-Rum Chicken. After all the tasting that day, I'm amazed I remembered the recipe! ~ Brent Farris

Ingredients:

- 4 large skinless, boneless chicken breasts

Marinade made from:

- 1/2 cup coconut rum
- (If you can't get to Brent's favorite Puerto Rican rum factory for coconut flavored rum, mix a scant teaspoon of Flavor Organics brand Organic Coconut Extract into Bacardi Gold Rum)
- 1/4 cup soy sauce (San-J brand)
- 1/4 cup brown sugar
- a heaping tablespoon of chopped garlic
- a tablespoon of fresh minced ginger
- OR 1 teaspoon of powdered ginger
- a handful of chopped green onion tops

Optional garnish:

- 1/4 cup or so of toasted sesame seeds (Morton & Basset)
- a sprinkling of chopped cilantro

Side dish suggestions:

- quality rice (Lotus Foods Bhutanese Red or Lotus Foods Chinese Black Forbidden Rice are great ones to try!)
- a side of plantains peeled, sliced & fried in peanut oil. **Recipe serves 8 to 10**

Preparation:

Make marinade in a shallow bowl. Poke chicken breasts all over with a fork - this will help the marinade seep into the meat. Let chicken marinate in a zip-lock bag or covered bowl for at least an hour. Get your side dishes ready. Grill the chicken breasts, dipping them back into the marinade every time you turn them. You can also drizzle the liquid over the chicken but since there is plenty of alcohol in it will flare up, big time! The rum has a way of pulling the flavors into the meat, so it's not just on the surface. Take the remaining marinade and reduce it down in a pan for a wonderful sauce. Sprinkle toasted sesame seeds and/or cilantro over chicken before serving. That's it! Great with sides of a good quality rice and if you are up for it, fried plantain bananas, but that's another recipe!