
From the kitchen of
SAINT ANSELM
COLLEGE



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Recipe: Apple-Maple Glazed Chicken Breasts

Ingredients:

- 1 ½ cups + 2 Tbsp apple cider
- ⅓ cup corn syrup
- 2 Tbsp maple syrup
- 1 Tbsp dijon mustard
- 1 Tbsp white vinegar
- ⅛ tsp red pepper flakes
- ½ cup all-purpose flour
- 4 skin-on, bone-in chicken breasts (6 oz. each)
- 2 tsp vegetable oil
- 1 medium shallot, minced
- 3 Tbsp apple cider

Instructions:

1. Whisk cider, corn syrup, maple syrup, mustard, vinegar, pepper flakes, and pepper together in a bowl.
2. Dredge chicken in seasoned flour, coating both sides of chicken, **shaking off excess flour**.
3. Heat oil in skillet until shimmering. Add breast skin side down until golden **brown** and most of the fat is rendered from skin, **8-10 minutes**. Turn chicken and **lightly** brown the other side, about 5 minutes longer. Transfer chicken to a plate or holding pan.
4. Pour off all but 1 teaspoon of fat from the pan. Add shallot and cook until softened, 1-2 minutes. Increase heat to high and add cider mixture. Simmer, stirring occasionally, until thick and syrupy. Reduce for about 6-10 minutes.
5. Using tongs, roll each breast into the glaze to coat both sides. Place coated breast skin side down on the skillet. Transfer skillet to 375 degree oven and bake 10-15 minutes until center of the breast is 165 degrees.
6. Transfer the chicken to a platter and let rest for 5 minutes.
7. Return the skillet to high heat and cook glaze on high heat until thick and syrupy, about 1 minute. Add the remaining cider and spoon over each chicken breast. Makes 4 servings.