

Grilled Spanish Chicken Breasts



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

3c water	1c ice cubes	1T dried sage
1/4c kosher salt	2T paprika	4 garlic cloves, minced
1/4c sugar	2t sugar	2t olive oil
1/4c sherry vinegar	1t black pepper	4 boneless, skinless chicken breasts

Place water, kosher salt, sugar and sherry vinegar in bowl. Stir well until salt and sugar are dissolved. Place in large zip~lock bag with chicken breasts. Add ice cubes. Refrigerate 4 hours.

Remove chicken from brine, rinse with water and pat dry. Discard brine.

Combine paprika, sugar, pepper, sage, garlic and olive oil and make into a paste. Rub onto chicken and let sit at least 30 minutes before grilling.

Spray grill grates with non~stick cooking spray. Preheat grill to medium~high heat. Grill chicken until juices run clear, approximately 25~35 minutes.



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Debbie Spangler ~ Certified Personal Chef

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