

Idiot's Kitchen Recipe – Blueberry Balsamic Glazed Chicken

Recipe from www.idiotskitchen.com – Adapted from Driscoll's



Ingredients:

2 pounds chicken legs and thighs
1 Tablespoon olive oil
2 Tablespoons butter, divided
1 large shallot (¼ cup), sliced
2 cups fresh blueberries
½ cup balsamic vinegar
1/3 cup real maple syrup
2 Tablespoons fresh rosemary, finely chopped
Salt & Pepper

Preheat the oven to 350 degrees.

When I'm using chicken legs and thighs, I like to remove the skin from the thighs to reduce the amount of fat and grease in the dish. I don't like chicken skin so I have at least half of the pieces without skin for people like me. Skin or no skin, it's up to you. Season your chicken pieces with salt and pepper.

Heat 1 Tablespoon olive oil and 1 Tablespoon butter in a large pan over medium high heat. When the butter is foamy, add the chicken and brown on both sides. Remove the browned chicken from the pan, reduce the heat to medium, and add 1 additional Tablespoon of butter and ¼ cup of sliced shallots to the pan. Sauté the shallots for 2-3 minutes until soft but not too brown.

Add 2 cups of fresh blueberries, ½ cup balsamic vinegar, and 1/3 cup maple syrup to the pan. Add 2 Tablespoons of chopped fresh rosemary and cook 4-5 minutes over medium heat until the blueberries just start to collapse.

If you are using an oven safe pan, return the chicken to the pan and nestle it down amongst the blueberry sauce. If you don't have an oven safe pan, place the chicken in a baking dish and pour the sauce over the top. Bake at 350 degrees for 20 minutes or until the chicken has cooked through. Halfway through the baking, turn the chicken in the pan to coat both sides with the sauce.

Serve the chicken with blueberries and sauce spooned over the top. Makes 4 servings and is great leftover.