

La Vigne Organics™

Distinctive Natural Gourmet Foods

Portuguese Persimmon Chicken

(4 servings)

Ingredients:

2 teaspoons cumin seed
2 teaspoons black or yellow mustard seed
1/2-teaspoon fennel seed
1 tablespoon grated fresh gingerroot
1-teaspoon turmeric
1-teaspoon ground cinnamon
1/4-teaspoon ground cardamom
1 cup **La Vigne Organic Fuyu Persimmon Salsa**
4 chicken breast halves, skinned and boned
1-2 tablespoons cooking oil

Directions:

In a blender or small food processor, grind cumin seed, mustard seed and fennel seed. Add the gingerroot and remaining seasonings; process again until well blended. Stir spice mixture into the Persimmon Salsa. Arrange chicken breasts in a nonmetal dish; pour spiced salsa mixture over chicken.

Cover and chill for 30 minutes to 24 hours before cooking. To prepare chicken, drain off marinade and reserve. Heat the oil in a large skillet; brown chicken on both sides. Add reserved marinade and bell pepper; bring mixture to boiling. Reduce heat and simmer for 15 minutes, or until chicken is no longer pink in the center. Serve chicken and sauce spooned over hot cooked rice.

© La Vigne Enterprise, Inc. 2006

P.O. Box 2890
Fallbrook, CA. 92088
(760) 723-9997 / Fax (760) 728-2710
www.lavignefruits.com / Email: helenelv@roadrunner.com