

Sixteen-Spice Chicken

This recipe from Bobby Flay's Mesa Grill is made delicious with the combination of the sixteen spices. This spice blend can be used on a lot of grilled meats or a meaty fish. While you will only need a fraction of the blend for this recipe, once you taste it, you'll get creative with everything in sight. Just store in a spice container and you'll have some Fresh Food in a Flash.

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|---------------|--|---------------|--|
| 3 Tablespoons | ground cinnamon | 2 Tablespoons | kosher salt |
| 3 Tablespoons | ancho chile powder or generic chile powder | 2 Tablespoons | coarsely ground black pepper |
| 3 Tablespoons | pasilla chile powder or generic chile powder | 1 Tablespoon | ground cloves |
| 3 Tablespoons | ground cumin | 1 Tablespoon | ground fennel seeds |
| 3 Tablespoons | ground coriander | 1 Tablespoon | ground allspice |
| 3 Tablespoons | ground ginger | 1 teaspoon | chile de arbol (small hot chile) |
| 3 Tablespoons | light brown sugar | 1 teaspoon | cayenne pepper |
| 2 Tablespoons | garlic powder | 2 Tablespoons | olive oil |
| 2 Tablespoons | onion powder | 4 | bone-in, skin-on chicken breast halves (or boneless, skinless) |

- 1 Preheat oven to 400°.
- 2 Combine all sixteen spices. Store in an airtight container for up to 6 months.
- 3 Rub each breast with up to 2 tablespoons of the spice mixture or enough to coat both sides of the chicken.
- 4 Heat 2 tablespoons of olive oil in a large ovenproof skillet over medium-high heat until almost smoking. Sauté the breasts, skin side down, until golden brown, about 2 minutes per side. Turn the breast over and transfer the pan to the oven. Bake the chicken until cooked through, 8 to 10 minutes for boneless, skinless or more if on the bone. Remove from the oven and let rest for 5 minutes before serving.
- 5 Top chicken breasts with cilantro-pumpkin seed sauce, red pepper sauce, pumpkin seeds and cilantro.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Total Time: 22 minutes

Nutrition Facts

Nutrition (per serving): 501 calories, 127 calories from fat, 14.5g total fat, 136.9mg cholesterol, 3111.9mg sodium, 1228.8mg potassium, 39.1g carbohydrates, 12.6g fiber, 13.6g sugar, 59.7g protein.

Tips

The nutritional information will be off, since you will be using only a fraction of the spice blend for each chicken breast.

Source

Author: Bobby Flay

Source: Mesa Grill Cookbook

