



# Chicken With Rosemary and Orange Sauce

From "The New African-American Kitchen" by Angela Shelf Medearis, Lake Isle Press, 2008

## INGREDIENTS

- 6 boneless, skinless chicken breast halves
- 1 teaspoon salt
- 1 teaspoon black pepper
- $\frac{3}{4}$  teaspoon dried rosemary, crushed between your fingers
- $1\frac{1}{2}$  tablespoons vegetable oil
- 1 cup orange juice
- 1 teaspoon grated orange zest

*Yield: 6 Servings*

## PREPARATION

1. Season the chicken with the salt, pepper, and rosemary. In a skillet over moderate heat, heat the oil until hot but not smoking and brown the chicken on both sides. Remove the chicken to a plate; pour off the fat in the skillet and discard.
2. In the skillet, combine the orange juice and zest and simmer for 5 minutes, stirring occasionally. Add the chicken, cover, and simmer, stirring occasionally, for 20 minutes, or until the chicken is done and the sauce has thickened.



Dara O'Brien



## The New African- American Kitchen

Angela Shelf Medearis The Kitchen Diva!

## THE NEW AFRICAN-AMERICAN KITCHEN

By Angela Shelf Medearis (The Kitchen Diva!)

Chef, author, and culinary historian Angela Shelf Medearis, also known as the Kitchen Diva, presents a compilation of over 200 traditional recipes with African-American roots. These authentic recipes originated in slave quarters, plantations, church suppers, and inter-generational family kitchens. With dishes from Africa, the Caribbean, and the Americas, *The New African-American Kitchen* presents each recipe with its cultural context, and includes incisive overviews of the African kitchen and the roots of soul cooking, Caribbean culinary history, and the contributions to the America's culinary heritage made by slave cooks. Published in 2008, *The New African-American Kitchen* deepens our understanding of the rich Black culinary traditions that continues to shape American and global cuisine.

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