

**Oak grilled Cajun spiced brined chicken breast Provencal**

**For the chicken**

2 ea. large chicken breasts skin on wing attached

4 T. kosher salt

1 Q. warm water

4 T. brown sugar

1 T. Cajun seasoning

1 T. olive oil

1. Dissolve the sugar and salt in the warmed water.
2. Cool the liquid and add the chicken.
3. Soak fully submerged for 12 hours.
4. Remove the chicken and dry well.
5. Rub the chicken with the oil and spice.
6. Cook for 18 minutes on a soaked cedar plank until golden brown and an internal temp of 160 F˚ has been reached.

**For the rice pilaf**

1 C. fine dice mirepoix

1 T. vegetable oil

1 T. fine chopped garlic

1 tsp. thyme leaves

1 tsp. chopped marjoram

½ C. long grain rice

1 C. chicken broth

1 T. butter

¼ C. green onion

½ C. corn

1. Sauté the mirepoix in the oil with the garlic.
2. Add the herbs.
3. Add the rice and stir well.
4. Add the broth and bring to a boil.
5. Cook very slowly for 18 minutes with a tight-fitting lid until the liquid has dried.
6. Stir in the butter, green onion and corn.

**Provencal sauce**

1 tsp. olive oil

1 C. fine diced onion

1 tsp. garlic

1 T. tomato paste

½ C. diced peeled fresh yellow tomato flesh

1 C. chicken broth

1 T. cornstarch diluted with water

1 tsp. fresh ground black pepper

1 tsp. salt

2 T. fine chopped chives

1. Sauté the onion in the oil with the garlic.
2. Add the tomato paste, tomatoes and chicken broth.
3. Bring to a boil and thicken with cornstarch.
4. Season with the salt and pepper and stir in chives.

**Snap peas seasoned and grilled.**

