

## Chicken Breasts Caribbean (Grilled)

Author: Adapted from Hot Barbecue, by Hugh Carpenter

Carolyn T's  
Main Cookbook

Servings: 4



### MARINADE:

2 teaspoons orange zest, minced  
1/4 cup fresh orange juice  
1/4 cup olive oil  
1/4 cup Grand Marnier  
1/4 cup light brown sugar, packed  
1/4 cup light soy sauce  
2 teaspoons Asian chile sauce  
1 teaspoon nutmeg, freshly ground  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 cup fresh mint, chopped  
2 tablespoons fresh ginger, minced

### CHICKEN:

8 pieces chicken breast, boneless, skinless,  
or just boned only  
1/3 cup cilantro, minced, for garnish  
1/4 cup fresh mint, minced, for garnish

Blog: Carolyn T's Blog:  
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 645 Calories;  
17g Fat (25.0% calories from fat); 94g Protein; 21g  
Carbohydrate; 1g Dietary Fiber; 190mg Cholesterol;  
981mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean  
Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other  
Carbohydrates.

Notes: The original recipe calls for boned chicken, but with skin. Chicken can also be broiled about the same time as grilling.

1. MARINADE: Combine the marinade ingredients in a large non-reactive bowl or use a heavy-duty sealing-type plastic bag.
2. Dry chicken pieces with paper towels and immerse in marinade. Cover or seal. Can sit out at room temperature for about 30 minutes, then refrigerate. Marinate at least 2 hours or up to 8 hours maximum.
3. Save marinade. Drain and dry chicken pieces with paper towels.
4. Preheat grill to medium (about 350). Oil the rack with olive oil before starting to grill.
5. Grill chicken about 3-4 minutes per side (may take a bit longer, but not much, depending on the thickness of the chicken). If chicken has skin, grill it skin side down first, brushing the pieces with more of the marinade every few minutes. Cut into a breast to see if the it's just done (no pink remains). Transfer the chicken to a heated plate/platter and sprinkle top with cilantro.