

Grilled Lemon Chicken

Author: Adapted from Melissa Roberts-Matar of Gourmet Magazine

Carolyn T's
Main Cookbook

Servings: 6



Notes: If you have poultry seasoning, you may use it (1 teaspoon) instead of the sage, thyme, marjoram and cloves. The original recipes calls for chicken pieces, so you can use whatever chicken parts you prefer. If making dark meat pieces, they will take longer to grill, by about 5 minutes or so.

1. Combine the marinade ingredients in a blender and puree until emulsified. (The egg will give the marinade a thicker texture.)
2. Lightly pound the thicker ends only of each chicken breast with a flat-type meat pounder until each piece is an even thickness, about 1/2 inch, between sheets of plastic wrap.
3. Place chicken in a heavy-duty plastic bag (or large non-reactive bowl or dish). Add the marinade and turn chicken over until well coated. Refrigerate for at least 8 hours, or up to 24 hours. Bring chicken to room temp for 30 minutes before proceeding.
4. Discard marinade.
5. Preheat gas grill (or charcoal grill) to medium-high. Bank the charcoal on half of the space, leaving ample room for the chicken to be off direct heat. Oil the grill racks lightly.
6. Grill the chicken pieces for 3-4 minutes per side (don't burn). Remove chicken to the side off heat (gas grill - turn off one burner and move chicken to that area - and reduce temp to medium. Cover grill and continue to cook for about 15 minutes (more if bone-in). If chicken pieces are thinner than 1/2 inch, it will take about 10 minutes to cook through. Do not overcook or the meat will be dry.
7. GREMOLATA: Very finely mince the zest, garlic and parsley. Making the mixture like pepper specks is important as each ingredient on its own can overpower. Combine the ingredients in a small bowl and set aside.
7. SERVING: Transfer chicken to a heated platter and serve immediately with the gremolata sprinkled on top of each piece.

MARINADE:

- 1 tablespoon lemon zest, freshly grated
- 1/2 cup fresh lemon juice
- 1/2 cup vegetable oil
- 1 large egg
- 1 tablespoon salt
- 3/4 teaspoon dried sage, crumbled
- 1/4 teaspoon dried thyme, crushed in your hands
- 1 dash dried marjoram, crushed in your hands
- 1 dash ground cloves
- 1/4 teaspoon white pepper

CHICKEN:

- 6 large boneless skinless chicken breast halves

GREMOLATA:

- 1 tablespoon lemon zest, from one whole lemon
- 3 cloves garlic, very finely minced
- 1/4 cup Italian parsley, very finely minced

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 313 Calories; 21g Fat (59.4% calories from fat); 29g Protein; 3g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 1156mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.