

Good Eats Recipes

Cornmeal Crusted Chicken

What You Need:

For salsa:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 garlic clove, minced
- 2 cups fresh corn (cut from about 4 ears)
- 1/4 cup packed fresh coriander sprigs, washed well, spun dry, and chopped fine
- 1 cup diced peeled mango
- 1 cup GOOD EATS pickled beets, diced
- 1/4 cup finely chopped scallions

For chicken:

- 1 whole skinless boneless chicken breast (about 3/4 pound), halved
- 1/4 cup yellow cornmeal
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 2 teaspoons unsalted butter

Directions:

Make salsa:

In a bowl whisk together 2 tablespoons oil, lime juice, garlic paste, and salt and pepper to taste. In a non-stick skillet heat remaining tablespoon oil over moderately high heat until hot but not smoking and sauté corn, stirring, until deep golden, about 4 minutes. Add corn and remaining salsa ingredients to bowl and toss to combine well. (Beets may bleed slightly, coloring other ingredients.)

Make chicken:

Pat chicken dry and season with salt and pepper. On a plate stir together cornmeal, paprika, and cayenne and press chicken into mixture, coating both sides. In skillet heat butter over moderately high heat until foam subsides and sauté chicken until golden and cooked through, about 5 minutes on each side. Serve chicken with salsa.