

Chipotle Chicken Flambé on Corn, Rice & Black Bean Salad

4 Portions

Corn, Rice & Black Bean Salad

1 T. (15 ml.) Butter
2 cloves of Garlic, minced
½ small Onion, diced fine
1½ t. (7.5 ml.) Ground Cumin
½ t. (2.5 ml.) Ground Coriander Seed
Pinch of Salt
½ cup (125 ml.) Long Grain Rice
1 cup (250 ml.) Water

1 cup (250 ml.) Frozen Corn, thawed
1 cup (250 ml.) Canned Black Beans, rinsed
2 T. (30 ml.) Cilantro leaves, chopped fine
Juice of 2 Limes

Melt the butter in a medium sized pot. Sauté the garlic and onion until soft. Add the Cumin, Coriander, salt and the Rice. Stir until the rice is coated with butter. Add the water. Cover with a lid and slowly simmer until all the water is absorbed. Remove from the heat and toss in the Corn, Black Beans, Cilantro and the Lime Juice. Keep warm while making the chicken.

Chipotle Chicken

1 Yellow Bell Pepper
1 Red Bell Pepper

4 t. (20 ml.) Butter
4 Boneless/Skinless Chicken Breast cut into strips
3 T. (45 ml.) Onion, diced fine
2 cloves of Garlic, minced
2 t. (20 ml.) canned Chipotle Chili in Adobo Sauce, minced (substitute dried chilies if necessary)
3 T. (45 ml.) Jack Daniels Whiskey
3 T. (45 ml.) White wine
1½ cups (340 ml.) 32% Whipping Cream
Salt & Fresh ground Pepper to taste

Roast the peppers over a gas flame or on a barbecue until the skin is charred and blackened. Wrap in cellophane and let stand for 5 minutes. Remove all the skin and the seeds. Cut julienne.

Melt the butter in a large skillet. Sauté the chicken until the outside is seared. Add the onion, garlic and Chipotle. Fry until the onion is soft. Flame with the Jack Daniels. Add

the wine, cream and the roasted peppers. Boil until the sauce has thickened then season with the salt and pepper. Serve over the salad.