



Rhubarb and Honey Chicken

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INGREDIENTS:

- 1 1/4 cups all-purpose flour
- 1 tablespoon poultry seasoning
- 1 large egg
- 1 cup milk
- 1 fryer chicken (3 – 4 pounds), cut up
- 1/2 cup canola oil

For The Honey-Rhubarb Sauce:

- 1/4 cup cornstarch
- 1 3/4 cups cold water, divided
- 1/2 cup packed brown sugar
- 1/2 cup honey
- 3 tablespoons low sodium soy sauce
- 1 1/2 cups chopped fresh or frozen rhubarb
- 2 tablespoons chopped onion
- 2 garlic cloves, peeled
- 1 tablespoon butter



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DIRECTIONS:

Preheat oven to 400 degrees.

Combine flour and poultry seasoning in plastic bag.

In another bowl, whisk egg and milk together.

Place one piece at a time of chicken into plastic bag, then into egg mixture, coat again with flour mixture, then place on a plate.

Finish the remaining chicken.

In a large skillet, heat the oil over medium high heat. Brown chicken on both sides.

Place in a greased 13×9 inch baking dish.

Bake uncovered until a thermometer inserted into a thigh reads 170 degrees, about 35 minutes.

Make the sauce while chicken bakes.

Combine cornstarch and 1-1/2 cups cold water in a large saucepan until smooth; stir in brown sugar, honey and soy sauce.

Pulse rhubarb, onion, garlic and remaining water in a food processor until blended.

Stir into cornstarch mixture. Bring to a boil over medium heat; cook and stir for about 2 -3 minutes.

Take off heat, add butter...stir to combine.

Pour over chicken, garnish with a sprinkle of scallions and parsley on top and serve.