



#MakeItGAP

RECIPES

BRAZILIAN BEER MARINATED CHICKEN

YIELD: 4 Servings

INGREDIENTS:

- 4 garlic cloves, smashed
- 4 1/4-inch slices of peeled fresh ginger, smashed
- 1 medium onion, thinly sliced
- 1 Tbsp. sweet paprika
- 1 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1/2 tsp. caraway seeds
- 1/2 green bell pepper, finely chopped
- 1/4 cup Dijon mustard
- 2 cups dark lager or stout
- 1/4 cup vegetable oil
- 4 6-ounce boneless, skinless chicken breast halves
- 2 Tbsp. unsalted butter, melted
- 1/4 cup chopped cilantro Lime wedges, for serving

PREPARATION:

In a shallow dish, mix the garlic, ginger, onion, paprika, salt, black pepper, caraway seeds, green pepper, mustard, beer and oil. Add the chicken, cover and refrigerate for 4 hours, turning a few times.

Light the grill. Remove the chicken from the marinade and grill over high heat until nicely browned and just cooked through, about 5 minutes per side. Transfer the chicken to a platter and brush with the melted butter. Scatter the cilantro over the top and serve with lime wedges.

Recipe adapted from foodandwine.com