

Maple and Orange Glazed Chicken

Recipe By Sarah Faygie Berkowitz



Cooking and Prep:  2 h

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Gluten Free

Source: Family Table by

Mishpacha Magazine

Ingredients (13)

Maple and Orange Glazed Chicken

- 8 pieces dark chicken
- 3-4 carrots
- 4 oranges
- 1/4 cup Gefen Honey
- 1/2 cup maple syrup
- drizzle of Bartenura Olive Oil

- 1 teaspoon salt
 - 1 teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon dried cardamom
 - 5-6 pods crushed allspice or allspice powder
 - 2 oranges
 - 1/4 teaspoon guar gum (optional)
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Start Cooking

Make the Chicken

1. Lay chicken pieces skin-side up in baking pan. Peel and slice carrots on the bias (diagonal cut) and add to pan.
2. Wash oranges well. Using a microplane or fine grater, zest one orange into a small bowl. Slice zested orange in half and squeeze the juice into the bowl. Slice remaining three oranges into eighths and set aside for later use.
3. Add remaining ingredients and mix until thoroughly incorporated. Pour glaze over chicken, and allow to marinate for up to 24 hours.
4. Bake covered at 350°F (180°C) for one hour. Add eight orange slices, baste with pan juices, and bake another 30 minutes or until chicken is crisp.
5. You can discard the cooked orange slices and replace with fresh slices for serving, if desired.