



ward street bistro

food wanderings of a former chef

Grilled Rosemary-Mustard Chicken

Serves 4.

2 cloves garlic, minced
1 tablespoon fresh rosemary, minced
1/2 teaspoon salt
2 tablespoons fresh lemon juice
2 tablespoons Dijon mustard
1 tablespoons soy sauce
2 T. olive oil

3 to 4 pound chicken, cut up (or equivalent assortment of chicken pieces)

Whisk together the first 6 ingredients. Whisk in olive oil thoroughly until the mixture emulsifies (it should be thick and slightly creamy). Combine the chicken pieces and the marinade so that all the pieces are well-coated with the marinade. Marinate at least 4 hours--or up to 24 hours.

Grill the chicken until the juices run clear (if you've got an instant-read thermometer, grill until the thermometer reads 160 degrees F. when inserted into the thickest part of a chicken piece). Or, broil the chicken following this procedure (adapted from *Cook's Illustrated*):

1. Adjust your oven racks so that there is a bottom rack about 12 to 13 inches from the broiler element and an upper rack that is 5 to 6 inches from the element.
2. Preheat the broiler.
3. Line the bottom of a broiler pan with foil and fit the pan with the broiler-pan top.
4. Place the chicken skin-side down on the broiler pan.
5. Broil the chicken on the bottom rack until it begins to brown (12 to 16 minutes).
6. Turn the chicken so that it is skin-side up.
7. Return the chicken to the bottom rack. Continue to broil the skin-up chicken until the skin is browned (if you've got an instant-read thermometer, cook until it reads 160 degree F. when inserted into the thickest part of a chicken piece).
8. Finish the chicken by moving it to the upper rack and broiling it until the skin is dark-spotty-brown, about 1 minute.

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