

Grilled Fruit and Hoisin Chicken

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 40 minutes

Serves: 4

CChints: Hoisin is an Asian BBQ sauce and Ponzu Sauce is a fruity soy sauce that is lower in sodium than a low-sodium soy sauce. You will find these items and the sesame oil in the Asian section of your market. You will need a pan with grill lines in it or cook this directly over your outdoor grill.



Chicken and Marinade:

4 boneless, skinless chicken breast

1/4 cup rice vinegar

1 tablespoon Sesame oil

3 teaspoons ground ginger paste from a jar
or freshly, diced

2 gloves minced garlic

optional: 1/4 teaspoon red pepper

4 plums or nectarines or both

2 bunches green onions, whole, about 8

2 tablespoons olive oil, divided

1/2 cup hoisin sauce

1-1/2 tablespoon Ponzu sauce

salt and pepper to taste

Garnish: 1 teaspoon sesame seeds
or poppy seeds

In a small bowl combine the vinegar through red pepper. Pour into a large sealable plastic bag and seal it. Rinse chicken and cut off any excess fat. Put it between sheets of plastic wrap to pound it to 1/2 inch thick. Add the chicken to the plastic bag, seal it and move the chicken around in the marinade to coat. Let it sit on the counter to marinate for 15 minutes, turn the bag 2-3 times.

If you are cooking this on the outdoor gas grill, now is the time to heat your grill to medium heat. It will heat up faster with the cover closed. If you are cooking this inside, locate your grill pan and add 1 tablespoon olive oil. Locate the cover or make a tent of aluminum foil for the pan. You can use this time to prepare the fruit. Both plums and nectarines have seeds in the center. Use a sharp knife to slide the it through the fruit and around the seed. Pull the fruit apart and depending on how ripe the fruit is, this could be easy or hard to do. They could simply separate or you may need to hold one side still and twist the other to get them apart. Remove the seed and any stem on either end and lay them on a plate. Cut the root ends off the onions and trim any damaged green tops. Lay them to the fruit. Brush with olive oil and sprinkle lightly with salt and pepper.

Heat the indoor grill pan over medium heat and add the oil. When the pan and /or grill is hot remove the chicken from the marinade and through the marinade away. Add the chicken to the grill, cover and cook 4 minutes on the first side. Do not move them because you want not get the grill marks. In a small bowl blend together the hoisin and ponzu sauces. Pour a little out into a small bowl to brush on the chicken as it cooks and save the rest for dipping at dinner. NOTE: The reason you have divided the sauce is because you do not want to dip the pastry brush in the sauce and touch the chicken and then put the brush back in the sauce you are going to use on the table for dipping, this is not safe. Flip the chicken and add the fruit, flesh side down and the onions. Cover again and grill for 4 minutes. The chicken and onions should be done but the fruit may take another minute or two. Put the chicken and onions on a serving plate and cover until the fruit is ready. Serve with dipping sauce.