

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Rhum Chicken

"This recipe can be served over rice, or with roast root vegetables or potatoes. I garnish with some chopped curly scallions and more marinade on top. The garlic confit and paste recipes are included below as well. This is the exact recipe I used to audition for Top Chef Canada, it's my favourite chicken dish packed with flavour and an alternative to doing jerk chicken."
Private Chef,
Adrian Forte

Confit Garlic
3 heads of garlic, peeled
1 1/2 cups grapeseed oil

RHUM CHICKEN
1 bunch fresh thyme, stalks included
2 cups fresh cilantro, chopped
1/4 cup (40 g) fresh ginger, peeled and minced
1/3 cup garlic paste (see below)
1 cup scallions, about 6, roughly chopped
1 bunch basil, about 1 cup
1 cup white onion, chopped
1 cup (216G) olive oil
2 cups (500mL) white rum
1 cup (250mL) pineapple juice
1 tablespoon coconut oil
4 skin-on chicken legs + thighs

1. For the confit garlic, preheat the oven to 250F. Place the garlic into a small ovenproof saucepan or dish and cover with oil, adding more if necessary. Cover with foil and bake for 2.5 hours until the garlic is soft and golden. Allow to cool completely. Remove from oil and blend garlic in a food processor until smooth. Transfer to an airtight container and refrigerate until ready to use. The leftover garlic-infused oil can be kept and stored for use in salad dressings, sauces and more.
2. For the chicken, combine all ingredients in a food processor and pulse until blended but still quite chunky.



Recipe + photograph courtesy of Cooking From Home Cookbook.

Recipe creator: Adrian Forte, Culinary Producer, Private Chef, Toronto
www.CookingfromHomeTheBook.com

Episode #50: Not 9 to 5

Email Lynn with questions or comments at lynnogryzlo@gmail.com

3. In a mixing bowl combine chicken and 1/3 cup of rum marinade and let marinate, reserve remaining marinade for garnishing. Allow to marinate for at least 1 hour.
4. In a saucepan over medium heat, bring the remaining marinade to a boil for 5 minutes to burn off the alcohol. Add the pineapple juice and reduce heat to a simmer, cooking until the liquid reduces by a third.
5. Preheat the oven to 400F. Heat coconut oil in an oven-safe grill pan over medium high heat, grill the chicken for 10 minutes per side until charred. Transfer to the oven and continue cooking for 25-30 minutes until cooked through. Alternatively, this can be done on a BBQ.
6. Once chicken is cooked, set aside and allow to rest.
7. Spoon remaining marinade over each chicken piece or allow your guests to dip their chicken in a small dip bowl of marinade.

Because What You Put In Your Body Matters!