

Chicken Andaluz

Makes: 4 servings

Preparation time: about an hour

¾ tsp (4 mL) salt (first amount)
½ tsp (2 mL) pepper
4 tsp (20 mL) cornstarch
4 tsp (20 mL) oil
1 egg white
1¼ lbs (570 g) chicken breast meat, cut into bite-sized cubes
1 cup (250 mL) dark sherry
1/3 cup (75 mL) dark raisins
½ cup (125 mL) sliced almonds
1 tbsp (15 mL) butter (first amount)
6 tbsp (90 mL) green onions
4 cloves garlic, minced
1 cup (250 mL) chopped olives with pimento
2 tsp (10 mL) brown sugar
Pinch salt
2 tbsp (25 mL) chopped fresh parsley
6 tbsp (90 mL) butter

1. In a small bowl, whisk together ¾ teaspoon salt, pepper, cornstarch, oil and egg white (mixture will be quite thick). Stir chicken cubes into mixture, cover and refrigerate for at least 30 minutes and up to overnight.
2. Meanwhile, heat sherry (don't boil), then add raisins to pot. Allow to stand for an hour or more.
3. Sauté almonds in 1 tbsp (15 mL) butter, until browned. Set aside until needed.
4. Mince green onions and garlic; chop olives, measure out brown sugar, salt and chop parsley.
5. Once you have all the ingredients assembled and at hand (the actual cooking goes very quickly and you won't have time to stop and chop), heat 6 tbsp butter (second amount; about 1/3 cup or 90 mL) of butter in large skillet until foaming but not browned. Add chicken cubes and sauté until just opaque and a little golden. Remove with slotted spoon and keep warm.
6. Increase heat to high and add green onions. Sauté until limp. Add raisins and sherry, garlic, olives, brown sugar and salt. Cook, stirring over high heat, until most of liquid disappears (about 5 minutes). Return chicken to pan, add almonds and stir until heated through. Sprinkle with parsley and serve with rice and a salad with orange slices.