



Grapeseed Basil Stuffed Chicken Breast

Serves 6

Ingredients -

4 large split chicken breast with skin left on
Grapeseed oil
Bunch of fresh basil leaves
Kosher salt and freshly ground pepper



Marinade -

Place chicken breasts in a glass bowl or zip-lock bag and pour grapeseed oil over top and marinate for approximately an hour.

Prepare Chicken -

Take chicken out of the marinade and throw away marinade. Lift skins of chickens, but do not take off, and stuff basil leaves under the skin. Generously salt and pepper the chicken breasts.

Grill Chicken -

Light grill until coals are hot. Grill the chicken indirectly or at least 8 inches away from the coals. Place chicken skin side up and grill for approximately 20 minutes. Turn chicken over and grill for another approximately 15 minutes. If the chicken is done and the skins are the desired doneness (nicely browned and crispy), take them off. If the chicken is not done but the skin is the desired doneness, turn them over again and continue to cook until done.

OPTIONAL: The chicken could be baked in a 450 degree oven instead of on the grill.

COOKING TIP -

Have you ever wondered why they call it the "rubber chicken circuit?" Well it is because it is over done and most people overcook their chicken. One sure way to dry out your chicken is to pierce it. Never use a fork to turn the chicken. Always use tongs. Piercing the chicken is the quickest way to guarantee that your chicken will dry out. Chicken is done when you touch it and it is firm. And the juices are running clear.

Wine Pairing Suggestion -

If you haven't cooked with grapeseed oil yet, try this recipe. Grapeseed oil has a wonderful flavor that adds a wonderful nuance to your dish but doesn't overpower. It is lighter in flavor than olive oil. Crisp white wines pair beautifully with this the freshness of the basil chicken. Try pairing the chicken with a Sauvignon Blanc, Reisling, or dry Gewurtztraminer.

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