

Crispy-Skinned Chicken a l'Orange

Ingredients

- 3 skin-on bone-in chicken breast halves Read more at:
<http://www.foodnetwork.com/recipes/melissa-darabian/crispy-skinned-chicken->
- 1 tbsp vegetable oil
- 1/2 cup frozen orange juice concentrate thawed
- 4 tbsp honey

Summary

Yield: 4

Source: Ten Dollar Dinners

Prep Time: 1 hour

Category: Dinner

Cuisine: American

Instructions

- Preheat the oven to 375 degrees F.
- Liberally salt and pepper the chicken breast halves.
- Heat the oil in a large saute pan over medium-high heat and sear the chicken, skin side only, until brown and beginning to crisp, about 5 minutes.
- Meanwhile, make the orange glaze: In a small saucepan, heat the orange juice concentrate, honey, and salt and pepper, to taste, over medium heat, and boil for 3 minutes.
- Remove from the heat.
- Turn the chicken over and brush each piece with the glaze.
- Turn the chicken skin side up and transfer the pan to the oven. Bake until the internal temperature reaches 160 to 170 degrees F on an instant-read thermometer, brushing on more glaze halfway through, about 15 minutes in total. Let the chicken rest for 10 minutes on a cutting board. Remove the chicken breast from the bone and slice the meat on the bias. Transfer the chicken to a serving platter and serve.