

Honey Glazed Chicken Breast with Chili Rosemary Pan Jus

2 chicken breasts (skin on)
60mls white wine
350mls chicken stock (approx)
100mls liquid honey
¼ fresh chili, deseeded and finely chopped
1 tablespoon finely chopped fresh rosemary
2 teaspoons cold butter
Salt and pepper

1. Mix the rosemary and chili together with the honey.
2. Heat some oil in an oven proof fry pan.
3. Season chicken well with salt and cracked pepper and place skin side down in the hot pan. When the skin is golden, turn the breasts over.
4. When the bottom is golden, tip off any excess oil and return to the heat.
5. Add the wine and chicken stock. It should come about $\frac{3}{4}$ of the way up the chicken.
6. Place into a 190 degree preheated oven.
7. After about 8-10 minutes, take the pan out of the oven and baste the chicken with 1 tablespoon each of the chili/rosemary/honey mixture. Also drizzle another tablespoon into the liquid in the pan. Return to the oven.
8. When cooked, (chicken should only take another 6 or 7 minutes) remove the chicken from the pan and rest in a warm place. Put the pan of liquid on a high heat and reduce down until it thickens a bit and tastes nice and strong with a powerful, sweet chicken flavour. Stir the cold butter into the pan to enrich the sauce.
9. Carve each breast into 3 or 4 slices and serve on top of your favourite rice, potato or pasta dish (it goes particularly well with a bacon or chorizo risotto) and spoon over the sauce from the pan.