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SOUTH DAKOTA 57701

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Garlic Honey Chicken

Serves 4

This recipe gets dinner on the table quickly using **Secret Speedy Technique #2: The Multi-Cooker**. A multi-cooker has several handy functions all in one - it can sauté, slow cook, pressure cook, cook rice, and more! We used three separate functions to get dinner done in a flash. First, we used the rice cooking function to make perfect, fluffy rice in about 10 minutes. Next, we used the sauté function to brown the chicken. Finally, we used the pressure cooking setting to infuse the sauce's flavors into the chicken. This dish is filled with deliciousness - sweet, salty, and a little spicy - it will satisfy any craving for take-out.

Ingredients:

2 cups long-grain rice
4 cups chicken broth
2 lbs chicken breasts, cut into 1" pieces
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup cornstarch
4 tablespoons canola oil

Sauce:

1/3 cup honey
1/3 cup soy sauce
4 cloves of garlic, minced
2 tablespoons rice wine vinegar
1 teaspoon Sriracha
1/2 teaspoon crushed red pepper

Garnish:

3 green onions, sliced

Multi-Cooker Directions:

1. Add the chicken broth and rice to the multi-cooker and cook to tenderness using the rice cooker function. Transfer the rice to a serving bowl and cover to keep warm.
2. Next, in a large bowl, toss the chicken pieces with the salt and pepper, then add the cornstarch and toss again to evenly coat.
3. In a multi-cooker, using the sauté function, brown the chicken pieces on all sides in the canola oil, working in batches, as needed.
4. Once all the chicken has browned, transfer all the browned pieces to a plate and set aside. Add a 1/4 cup of water to the multi-cooker and scrape up any browned bits and wipe the bottom of the pot until clean and the water has evaporated. Or, you may leave the chicken and the browned bits in the pan, they will only enhance the sauce's flavors.
5. Meanwhile, mix the sauce ingredients together in a small bowl. Add the chicken back into the multi-cooker and drizzle with the sauce. Secure the lid, and follow the directions for your multi-cooker to cook at high pressure for 2 minutes.
6. Carefully, release the steam and serve over rice with a garnish of sliced green onions.