

# 2022 Montgomery County 4-H Jr. Chef Recipe

## Montgomery County 4-H Jr. Chef Culinary Team

### Mo-Co 4-H Honey Kissed Chicken & Market Fresh Waffles

- Ingredients:**
- 1 ½ Lbs. Boneless, Skinless Chicken Breast
  - 1 Cup Vegetable or Corn Oil
  - Chicken Marinade:
    - ¼ cup Apple Cider Vinegar (ACV)
    - 1/3 cup Olive Oil
    - ¼ cup Honey
    - ½ tsp fresh Garlic, minced
    - ½ tsp Kosher salt
    - 1 tsp Pepper
    - 2 Tbsp. fresh Parsley, chopped
  - Chicken Seasoning:
    - ¾ cup Wiesenberger whole wheat flour
    - 1 tsp garlic powder
    - ½ tsp chili powder
    - ½ tsp cumin
    - ¼ tsp pepper
    - ¼ tsp red pepper flakes
    - 1 ½ tsp Kosher Salt
    - ¼ tsp Paprika
    - 1 ½ cups panko bread crumbs

***1 Recipe for Market Fresh Waffles (See below)***

***1 Recipe for Lemon-Lime Marinated Apple Relish \*See below)***

***1 Recipe for Hot/Spicy Honey (See below)***

#### **Directions:**

1. Pre-heat oven to 250-degrees. Place Half-size sheet pan in oven to warm.
2. Prepare Chicken:
  - a. Prepare Chicken Marinade by combining Apple Cider Vinegar, 1/3 cup Olive oil, and the next 5 ingredients in a small bowl. Set aside.
  - b. Prepare Chicken Seasoning by whisking the listed spices into the ¾ cup Wiesenberger whole wheat flour until well blended. Set aside.
  - c. Place chicken breasts on cutting board. If using very thick chicken breasts, cut breasts lengthwise, holding knife horizontal to cutting board, to reduce thickness. Gently pound each breast or filet to a uniform thickness. Trim away any fatty areas. Cut breast filets into tenders.
  - d. Place chicken tenders into the bowl of Chicken Marinade. Work the marinade into the tenders with a gloved hand until pieces are completely coated. Cover the bowl, place in refrigerator, and allow to marinate for 30 minutes.

3. Prepare 1 Recipe of **Hot/Spicy Honey**. Cover each small bowl and set aside at room temperature until needed to complete recipe.
4. Prepare 1 Recipe of **Lemon-Lime Marinated Apple Relish** reserving ½ cup of diced apples/liquid mixture in one bowl for use in the Market Fresh Waffles recipe and placing the remaining diced apples and apple slices for garnish in a separate bowl. Cover both bowls and refrigerate until ready to use.
5. Prepare 1 Recipe of **Market Fresh Waffles**. Place completed waffles on sheet pan in oven to keep warm until ready to plate dish.
6. Remove bowl containing marinating chicken tenders from refrigerator. Roll each piece, one at a time, in the Chicken Seasoning mixture, making sure that each piece is completely coated. Place pieces in a single layer on parchment covered sheet pan.
7. When all tenders are coated, place skillet over medium heat and add the 1/2 cup of cooking oil. When oil is hot, add 1/3 of the chicken tenders to oil and sear each side for 2-3 minutes, or until tenders reach an internal temperature of 165°F. Remove to a separate sheet pan and place in 250°F oven to keep warm. Repeat steps with the two remaining batches, adjusting the heat in the pan to avoiding scorching, or changing the oil, if it becomes filled with breadcrumbs.
8. **TO SERVE:**
  - a. Cut each waffle into quarters. Place each quarter on plate, slightly off-center. Place a chicken tender beside waffle quarter, overlapping slightly. Repeat with 3 more chicken tender pieces and remaining 3 waffle sections. Bring the ends of the “fan” slightly towards the center of plate to form an arc. Evenly divide the Lemon-Lime Marinated Apple Relish between the servings (6) and mound along the center of the Waffle/Tender “fan” on plate. Garnish with the reserved apple slices and sprigs of Parsley. Drizzle with the Poblano Honey and serve portions of all three infused honeys as options.

## Recipe: Spicy Honey

**Ingredients:** 1 Tbsp. Poblano Pepper (mild flavor)  
 1 Tbsp. Serrano Pepper (medium flavor)  
 1 Tbsp. Habanero Pepper (hot flavor)  
 1 ½ cups Honey, divided into ½ cup portions  
 1 ½ tsp garlic, minced and divided into ½ tsp portions  
 1 Tbsp. Apple Cider Vinegar (ACV) divided into 1 tsp portions

### Directions:

1. Starting with the Poblano pepper, finely chop pepper with seeds and add to the saucepan with ½ tsp of the minced garlic, and 1 tsp ACV. Spray a glass measuring cup with cooking spray and measure ½ cup of the honey. Add honey to the mixture in the pan and heat on medium heat for about 15 minutes. Remove from heat and strain honey into heatproof container. Set aside to cool before using.
2. Repeat step one, cooking the Serrano Pepper next and the Habanero Pepper last.

## Recipe: Lemon-Lime Marinated Apple Relish

**Ingredients:** 1 Large Granny Smith Apple  
1 Large Honey Crisp Apple  
½ tsp of your favorite Hot Sauce  
¼ tsp Kosher Salt  
1 Tbsp. fresh lemon juice  
1 Tbsp. fresh lime juice

### Directions:

1. Combine Hot Sauce, salt, lemon juice, and lime juice in medium bowl. Blend well.
2. Slice 12 very thin slices from each apple, and dip in the bowl with juices, to coat. Remove and set on cutting board. Dice remaining apple sections into very small dice and place in liquid with apple slices. Fold gently to coat. Measure out 1 cup of the diced apples (with a small amount of the juice mixture) and transfer to a separate bowl to be used in Waffle batter. Add the apple slices to the remaining dice in the first bowl. Cover both bowls with wrap, pressing wrap down to contact the surface of the mixture. Refrigerate until needed.

## Recipe: Market Fresh Waffles

**Ingredients:** 1 cup Wiesenberger whole wheat flour  
½ cup Wiesenberger unbleached white flour  
2 Tbsps. Cornstarch  
1 tsp baking powder  
½ tsp kosher salt  
1 ½ cups 2% Milk  
½ stick melted butter  
2 large eggs, well beaten  
2 Tbsp. Honey  
1 tsp vanilla extract  
½ cup mini sweet peppers, mixed colors, brunoise (1/16" edge)  
¼ cup celery, brunoise  
¼ cup carrots, brunoise  
1 cup Lemon-Lime Marinated Apple Relish (reserved from recipe above)  
Cooking Spray

### Directions:

1. Combine all the dry ingredients in a large bowl and whisk until completely combined.
2. Make a shallow well in the dry ingredients and add the milk, eggs, melted butter, honey, and vanilla extract. Stir until ingredients are just combined. Allow to rest while dicing the vegetables.

3. When vegetables are diced, add them to the waffle batter, stirring to incorporate. Drain the reserved Lemon-Lime Marinated Apple Relish and add to the batter.
4. Preheat the waffle iron. When hot, spray with nonstick cooking spray. Pour 1/3 cup batter into the waffle iron, spreading to even out the surface. Cook for 3-6 minutes, flipping the iron ½ the way through cooking time. Place cooked waffles on the preheated sheet pan. Repeat the procedure with the remaining batter, spraying iron each time before measuring out the 1/3 cup batter. Keep warm in preheated oven until ready to serve. Recipe makes 6 waffles.