

PLANK COOKING

by JOHN HOWIE

Ancho Chili Rubbed Chicken with Corn Relish – Serves 4

4 each	Chicken Breast – boneless, skinless, 6-7 oz. wt.
2 Tbsp.	Ancho Chili Rub – recipe follows
2 cups	Corn Kernels – lightly blanched
½ cup	Red Bell Pepper – seeded, diced ¼”
½ cup	Green Bell Pepper – seeded, diced ¼”
½ cup	Onion – sweet white, diced ¼”
2 Tbsp.	Olive Oil
½ tsp.	Salt
¼ tsp.	Pepper – fresh, ground

RUBBING PROCEDURE:

1. Coat each chicken breast with 1 ½ tsp. of ancho chili rub. Cover, place in the refrigerator and let sit for at least 15 minutes and up to 24 hours.

Chili Rub – Yield ¼ Cup

1 Tbsp.	Sugar, brown, dark
1 ¼ tsp.	Salt - kosher
⅛ tsp.	Chili Powder – Chipotle
2 tsp.	Chili Powder – Ancho Chili
1 Tbsp.	Chili Powder Blend – mild
¼ tsp.	Mustard – dry
1 tsp.	Paprika
1 ⅜ tsp.	Paprika – smoked

CHILI RUB PROCEDURE:

1. Mix all ingredients together well, then blend in a spice grinder until salt shavings are ½ the original size. Store in airtight container.

COOKING PROCEDURE:

1. Pre-heat the oven to 400°. Lightly oil the center of the plank, place the seasoned chicken breasts in the center of the plank.
2. In a mixing bowl, toss the corn, onion, red and green peppers, olive oil, salt, and black pepper. Toss until well mixed. Using a second plank lay the corn relish evenly over the inner surface of the plank.
3. Place both planks in the oven on the top two shelves, and let roast for 10-12 minutes.
4. Remove the chicken from the oven and turn the breasts over. Return the chicken to the oven and roast for another 15-18 minutes or until an internal temperature of 135° is achieved. Remove both planks from the oven and place the chicken on top of the corn relish on the other plank. Garnish the center of the dish with cilantro and lime slices. Serve.