

This dish was first named Maple Dijon Chicken, but you'll see why it quickly became Sticky Chicken! Perfect for a cookout, football game, or casual dinner, it is delicious whether hot right from the oven or sliced cold and stuffed in a sourdough sandwich the next day. The sauce is rich and flavorful, and the meat is fall-off-the-bone moist. Kids love this meal.

Sticky Chicken

½ cup (112 g) butter
½ cup (120 ml) maple syrup
½ cup (88 g) Dijon mustard
4 teaspoons curry powder
2½ teaspoons (15 g) sea salt,
divided
¼ teaspoon cayenne
4 bone-in chicken breast halves,
skin on (2 whole breasts, split)
½ teaspoon freshly cracked pepper

YIELD: 4 SERVINGS

Preheat the oven to 350°F (180°C, or gas mark 4). Combine the butter, maple syrup, mustard, curry powder, 2 teaspoons (12 g) of the sea salt, and the cayenne in a 9 x 13-inch (23 x 33 cm) glass baking dish. While the oven is preheating, place the dish in the oven for 5 to 7 minutes, or until the butter fully melts but does not brown.

Remove the pan from the oven and whisk the ingredients to combine. Allow to cool for 5 minutes, then liberally dredge each piece of the chicken in the sauce. Gently slide your fingers between the skin and the flesh of the chicken, being careful not to tear the skin. Using a pastry brush, coat both the flesh and the skin thoroughly with sauce. Gently pull the skin back into place.

Arrange the chicken in a single layer in the pan, skin-side up. Sprinkle with the remaining ½ teaspoon sea salt and the pepper.

Bake, uncovered, for 30 minutes. Remove and baste with the pastry brush using the pan sauces. Bake, uncovered, for an additional 30 minutes.

Remove from the oven and preheat the broiler. Baste the chicken one final time, then broil for 2 to 3 minutes, until the chicken skin browns nicely. Be careful not to burn.

Cool for 10 minutes, then place on a serving platter. Whisk the pan juices and pour over the chicken. Serve!

