

Chicken with Beer Glaze and Mexican Spices

I was always looking for a substitute for the packaged taco seasoning since it has a lovely flavor, but it is so high in sodium I cringe. Of course Jacquie McMahan came to my rescue with this home spice blend. She invented this for making chicken to use for tacos, but really my batch never got that far. It is just too good eaten plain outta the pan and the aroma while it is cooking is positively euphoric. You can also find frozen sweet potato fries these days, or cut up your own. Serve with warm tortillas with butter and sweet potato fries.

Cooking Method: Stovetop

Cook Time: About 35 minutes

Serves 4

Mexican Spices

1 teaspoon ground cumin

1 teaspoon dried crushed thyme

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon cayenne or chili powder or chipotle chile powder

1/2 teaspoon salt

1 tablespoon all-purpose flour

4 boneless, skinless chicken breast halves (about 1 1/2-pounds total), cut into 1-inch strips

Sweet Potato Fries

3 medium sweet potatoes (1 pound), peeled and cut into 2- to 3-inch wedges or long thick strips

1 to 2 tablespoons olive oil

1/4 teaspoon salt

To Cook the Chicken

2 tablespoons olive oil

2 tablespoons butter

1 clove garlic, pressed

1/2 to 1 jalapeno, stemmed, seeded, and minced

1/2 to 3/4 cup light beer

In a bowl, combine the spices, salt, and flour; stir to combine well. Rub the chicken on both sides with the spice blend and place in a pan or on a plate; set aside 20 minutes at room temperature.

Preheat the oven to 450°. Lay the sweet potatoes on a large foil-covered baking sheet and toss with the oil and sprinkle with salt. Bake until golden brown and tender, 15 to 20 minutes.

Heat the oil and butter in a 12-inch heavy skillet over medium heat. Add half of the chicken and sauté until golden; remove to a clean plate. Sauté the rest of the chicken, adding a bit more oil, if necessary. Use paper towel to soak up any extra fat in the pan, if any. Add the chicken back to the pan, then add the garlic, jalapeño, and beer. Cover and adjust heat to low. Cook for about 15 minutes, checking every 5 minutes, pushing and turning the chicken in the beer cooking broth to coat all the pieces. You will end up with a nice glazed effect. Serve immediately with your sweet potato fries.