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Whiskey Sour Chicken

If possible, marinate your chicken overnight.



Serves: 2-3

Prep Time: 45min

Marinate Time: 1hr+

Cooking Time: 30-40m

Ingredients

Marinade:

- 1 can (473ml) Onkel Georg Whiskey Sour
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1/4 cup honey (checkout Bee Project Apiaries, used their Neighbourhood Honey)
- 6 cloves crushed garlic
- 1 small sprig fresh rosemary
- Several sprigs fresh thyme
- Salt & pepper to taste

Everything else:

- 4 boneless skinless chicken breasts
- 2 cups butternut squash - peeled & cubed
- 2 cups zucchini - cubed
- 1 fennel bulb cut into pieces similar in size to the other veg.
Keep the fennel fronds for garnish.
- More salt & pepper

If you have time, marinate the chicken overnight - the flavour really deepens.



Mix together the marinade ingredients. Reserve half the marinade for the roasting portion of our adventure. Pour the other half of the marinade over the chicken in a glass bowl, cover & refrigerate for at least an hour.

Preheat the oven to 425F.

Put your sheet pan/roasting pan in the oven to preheat.

Put the veg in a bowl and toss in the reserved marinade to coat.

Remove the chicken from its bowl of marinade and place in the centre of the hot pan. Discard the rest of that marinade.

Place veg in the pan as a single layer around the chicken. Season with salt & pepper.

Placing pan back in oven, roast for 30-40 minutes until chicken is cooked through and veg is tender. Halfway through, carefully give the veg a little stir, and maybe turn the pan around if your oven heats a tad unevenly.

Once it's done, garnish it with some chopped fennel fronds if you're feeling fancy.

Now, and this is important, pour an Onkel Georg Whiskey Sour for yourself because you deserve it!