



## Pan-seared Chicken Breast with Soy Maple Glaze

Developed by Chef Jason Baker, JT Bakers,  
Greenwich, NY

### ***Serves 4***

- 4 boneless skinless chicken breasts
- 2 cups SweeTrees Maple Syrup
- ¼ cup lite soy sauce
- 1 cup water
- ¼ cup SweeTrees Granulated Maple Sugar
- 2 inch piece fresh ginger, sliced
- 3 whole cloves garlic
- 4 stars star anise
- 2 tbsp. whole coriander

Add all ingredients to sauce pan and simmer 20 minutes. Strain through fine mesh sieve.

Pan sear four boneless chicken breasts (a 1-½ lb. Pork tenderloin or 24 large sea scallops). Preheat oven to 325°F. Place seared breasts in shallow baking pan and pour glaze on top, basting with glaze every five minutes, and bake uncovered 15 minutes or until done.

Serve with fresh roasted brussel sprouts and steamed basmati rice or couscous.

As an alternative, try reducing the strained glaze by ½ and use it as a sauce to drizzle over grilled salmon or boneless pork chops.