



## Chicken with Maple Mustard Glaze on a Curried Rice Salad

**Maple Mustard Chicken** (adapted from The Maple Syrup Cookbook by Ken Haedrich)

1/2 cup pure maple syrup  
5 tablespoons Dijon mustard  
4 teaspoons soy sauce  
Juice of one lemon  
2 cloves garlic, minced  
1 teaspoon coarse ground black pepper  
2-1/2 to 3 pounds chicken pieces (I used skinless boneless thighs)

Combine maple syrup, mustard, soy sauce, lemon juice, garlic and pepper in a small saucepan. Bring to a boil and boil for 1 minute. Remove from heat and cool to room temperature.

Rinse and dry chicken well. Place in a large zip bag with half of the maple mustard glaze, reserving the other half for use when grilling. Refrigerate chicken for minimum 2 hours, turning bag half way through to distribute marinade.

Grill chicken over medium hot coals, basting with the remaining sauce until juices run clear when meat is pierced with a fork (about 20 minutes for skinless boneless thighs). Watch carefully so chicken doesn't burn. Makes 4 servings.

**Curried Rice Salad** (adapted from simplyrecipes.com)

1 cup basmati rice cooked per package directions  
2 tablespoons Madras or Trinidad curry powder  
1/4 cup olive oil  
Dash cumin and cayenne  
1 large onion, chopped  
3 stalk celery, diced  
1 green pepper, diced  
3 green onions, chopped  
1 cup raisins or currents, or a combination of the two  
1/2 cup dried cranberries (optional)  
1/2 cup toasted slivered almonds  
1 teaspoon salt  
1/4 cup chopped parsley  
2 tablespoons honey or to taste  
2 tablespoons lemon juice

Cook rice according to package directions. Meanwhile, heat olive oil in a medium sauté pan. Add curry powder, cumin and cayenne and cook for 30 seconds. Add chopped onion and cook, stirring occasionally until onion is transparent. Transfer to a large bowl and toss with cooked rice. Cool to room temperature. Add remaining ingredients and chill until serving time.