



Recipes

CHICKEN UNDER A BRICK

In this unusual grilling technique, the weight of the brick presses the chicken onto the barbecue grid, thereby producing lovely grill marks, a crispy exterior and a juicy interior.

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| 1/4 cup (50 mL) olive oil | 1 tsp (5 mL) salt |
| 1/4 cup (50 mL) fresh lemon juice | 1 tsp (5 mL) freshly ground pepper |
| 2 tbsp (25 mL) chopped fresh rosemary | 4 bone-in chicken breasts with skin |
| 3 cloves garlic, finely chopped | 4 bricks |

To prepare marinade, combine first 6 ingredients (oil through pepper) in a heavy zip-lock plastic bag. Add chicken and squeeze bag to coat chicken with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for 8 hours or overnight. Wrap each brick with a piece of foil. Remove chicken from marinade; discard marinade. Place chicken, skin side down, on an oiled grid. Set a foil-wrapped brick on top of each chicken breast. Grill chicken over medium heat on natural gas barbecue for 8 minutes. Remove bricks from chicken and rotate each breast a quarter turn to make cross-hatched grill marks. Replace bricks and grill 4 minutes. Remove bricks and turn chicken over. Replace bricks and grill 8 minutes longer or until chicken is cooked through. Do not overcook. Serves 4.