

THE RELUCTANT TRADING EXPERIMENT

Cumin Chicken with Baked Polenta

by Sarah Marshall for ReluctantTrading.com



Baked Polenta Ingredients

- 2 cups whole milk
- 2 cups vegetable stock (or water)
- 1/4 cup salted butter
- 1 teaspoon Reluctant Trading [Icelandic Sea Salt](#)
- 1 ½ cups polenta
- 1 cup freshly grated Parmesan cheese, loosely packed
- ½ cup Castelvetrano pitted, sliced, green olives
- 1 tablespoon extra virgin olive oil

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Baked Polenta Preparation

Step 1

Line a baking sheet with parchment paper and set aside.

Step 2

In a medium saucepan, over high heat, bring the milk, stock, butter and salt to a boil. Once boiling, immediately (to avoid frothy, burnt milk) add the polenta and turn the heat to low. Stir together, as the polenta thickens, for 2-5 minutes, until combined and thick.

Step 3

Turn off the heat, add the cheese and olives, and stir until combined.

Step 4

Pour the polenta onto the parchment lined baking sheet, spread evenly, to $\frac{3}{4}$ inch. Refrigerate for 1 hour.

Step 5

After one hour, preheat the oven to 450 degrees Fahrenheit. Brush polenta with olive oil. Cut into triangles, circles, hearts, or whatever you are into. (Tip: Save the scraps, you can fry them up for breakfast, or bake them alongside the cut-out pieces for snacking on later).

Step 6

Lay the cut-out pieces, olive oil side down, onto parchment paper. Place the baking sheet into the center rack of the oven and bake for 20 minutes, until slightly golden on the bottom. Flip each piece, and bake for 15 minutes, until golden brown.

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Cumin Chicken Ingredients

- 1 ½ tablespoons Reluctant Trading [Whole Cumin Seeds](#), divided
- 1 tablespoon Reluctant Trading [Icelandic Sea Salt](#)
- 1 tablespoon dried oregano
- 2 eight-ounce boneless skinless chicken breasts, cut in half by length
- 1 tablespoon extra virgin olive oil
- 1 medium shallot, cut in half
- 1 red bell pepper, seeded, cut in quarters
- 5 medium cloves of garlic, peeled
- 28oz can of peeled whole Italian tomatoes
- ½ cup freshly grated Parmesan cheese
- 2 tablespoons chopped Italian Parsley

Cumin Chicken Preparation

Step 1

In a large Dutch oven, toast the cumin seeds over medium high heat, shaking the pan every 30 seconds, until fragrant, about 2 minutes. Place seeds onto a plate to cool.

Step 2

In a mortar and pestle, finely grind ½ tablespoon toasted Reluctant Trading cumin seeds, Icelandic Sea Salt, and oregano. Sprinkle seasoning evenly over both sides of the chicken. Set any remaining spices aside.

Step 3

In the Dutch oven, over medium heat, heat the oil. Once the oil is hot, add the chicken, cook for 5 minutes, until light brown.

Step 4

While the chicken is browning place the shallot, bell pepper, garlic, tomatoes, remaining 1 tablespoon toasted cumin seeds, and remaining ground spices into a food processor, blend on high until smooth.

Step 5

Flip the chicken, let cook for 5 minutes, until brown.

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Step 6

Carefully (it will bubble) pour in 1 cup of sauce from the food processor, stir and scrape the bottom of the pot with a wooden spoon. Add remaining sauce, stir and let come to a low boil.

Step 7

Reduce the heat, and let simmer, stirring occasionally, to avoid sticking. Cook for 12-15 minutes, until chicken is tender and cooked through.

Step 8

Remove chicken from pan, bring sauce to boil, stir consistently until sauce thickens, about 4-6 minutes. Taste the sauce, season with salt and pepper, as needed.

Step 9

Plate the polenta, top with chicken, cover with sauce, and top with cheese and parsley.

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Reluctant Resources Used in this Recipe

- [Whole Cumin Seeds](#)
- [Icelandic Sea Salt](#)
- [Mortar & Pestle](#)
- [100 Year Loom Tan Apron](#)
- [Corky Modern Glass Spice Jars](#)
- [Put a Lid on it Stoneware Salt Cellar](#)