

RMS Test Record

Title: Spicy Paprika Chicken (35001)

Contributor: Jennifer Shaw
45 Salcombe Street
Dorchester, MA 02125
USA

COMPUTER EDITED

- ☐ CF2 Apple
- ☐ CF2 Diabetic
- ☐ CF2 Quick
- ☐ CF2 Sun
- ☐ LNT LOW in Fat
- ☐ LNT Lower in Carbs
- ☐ LNT Lower in Sodium
- ☐ LNT Meatless
- ☐ QCK Freezing

Publication: Taste of Home's Simple & Delicious May/June 2007

Feature: Thirty Minutes to Mealtime-1

Publication Date: 5/1/2007

Prep Time: 15
pub

Cook Time: 10

Total Time:

Time Callout: *Prep/Total Time: 25 min.*

	• 2 tablespoons paprika
<i>McCormick 1 to 2 T.</i>	• Add New Ingredient (2 tablespoons McCormick's Southwest Marinade Seasoning Packet)
	• 1/8 teaspoon salt
	• 1/8 teaspoon pepper
	• 4 boneless skinless chicken breast halves (4 ounces each)
<i>2</i>	• 1 tablespoon olive oil
	• <i>1/4 cup water</i>
<i>Kikkoman</i>	• 2 tablespoons soy sauce
<i>fresh</i>	• <i>5</i> 1 teaspoon medium lemon juice (measure juice)
<i>Kerry</i>	• 1/2 cup sour cream

+ water

Method

In a large resealable plastic bag, combine the first four ingredients; add the chicken. Seal bag and turn to coat; *marinate* refrigerate for 10 minutes. *Drain and discard marinade.*

In a large skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until chicken juices run clear. Remove chicken to a serving platter and keep warm.

In the same skillet add soy sauce and lemon juice; cook for 1-2 minutes, stirring to loosen brown bits. Remove from the heat; stir in sour cream until well blended. Serve with chicken.

Yield: 4 servings.

Test Results

Title: Spicy Paprika Chicken (35001)

Test	Planned Date: 6/7/2006 2:30:00 PM	Actual Date: 6/7/06	Tested By: Guenther, Susan
Editorial:			
Spicy blackened chicken that's done perfectly w/ moist juicy interior and lots of zip to exterior. Salty thick sauce needs work. Lemon gives it lots of tang. Probably not for kids, but great for folks who like their food highly seasoned. JH			
Test Kitchen:			
Next Test	Date:	Retested By:	
Suggestions for Retest: Like a blackened chicken. Dark in color but spicy. Good flavor - chicken is tender & moist. Meal completed in 30 min. Spicy! chicken - reference "Blackened" for title is the name right for the recipe. Coated chicken - blackened in the skillet. Ranged Southwest seasoning to cut spice if desired by the reader. Added water to method to make more of a sauce + to deglaze pan. Sauce was a nice touch thinner + drapes. AWT put			
Styling Comments:		Photographable? Yes No	
Sliced chicken breast at angle & plated JH Cut prettier presentation per D.W.		Color dark paprika-like color	
Texture		Size	

Reference:	Pan Size:
Temperature:	Time:
Yield - Volume: 1/2 c. sauce All the dry mix was absorbed - 1/4 c.	Servings: 4
Revision #0 - 5/17/2006 1:41:08 PM	
Comments (Changes from the original & why, etc.) - Left chicken breasts whole per AWT. - Used measured amounts for salt, pepper, lemon juice and olive oil, to be reader friendly. - Added water to deglaze pan & to thin sauce. - Also cuts intense flavor. - Ranged marinade seasoning per Paul.	
Possible Features:	
Perform NA? no	

New to prep in 30 min:

1. Get water on to boil for potatoes
2. Measure & marinate chicken
3. Cut potatoes & add to boiling water
4. While potatoes cook, measure dry for potatoes & chicken
5. Prepare asparagus
6. Cook chicken

7. While chicken is cooking, drain potatoes; add lemon juice & brush; set aside
8. Place asp. in oven
9. Remove chicken & prepare sauce
10. Remove asparagus