

Dried apricots and bakeapples were readily available to our ancestors and they are as good now as they were then. The flavours of the rub intensify the flavour and the apricots and bakeapples create an unbelievably tasty glaze for the chicken.

SERVES
6

INGREDIENTS

RUB (MAKES ½ C.)

- 1 tbsp. salt
- 1 tbsp. pepper
- 2 tbsp. paprika
- 2 tbsp. garlic powder
- 1 tsp. cayenne
- 1 tbsp. onion powder

CHICKEN

- 6 bone in chicken breasts
- 1 c. apricot preserves
- ¾ c. bakeapples

NOTE

This recipe may be used with pork tenderloin.

DIRECTIONS

1. Mix rub ingredients. Generously rub over chicken breasts
2. Preheat oven to 400 °F.
3. Place chicken breasts in large glass baking dish. Bake for 30 minutes. Remove from oven and brush generously with apricot preserves. Continue baking for 15 minutes longer or until cooked.
4. Add bakeapples 5 minutes before baking time is finished.
5. Remove from oven and allow to rest for about 5 minutes to thicken jam.

Did you know?

Until the 1950's and 60's in coastal Newfoundland and before the connection by roads, all provisions were transported seasonally by ships. Fresh fruits were not readily available. As a result, many Newfoundland and Labrador recipes contain dried apricots, currants, raisins and dates.

