



# The Savory Super

By **Scottie Hines, CGCS**  
Windsong Farm Golf Club



## Pineapple-Rum Chicken

1 1/2 cups Jasmine rice  
1 whole pineapple- or pre-chunked chunks in fresh produce section (about a half cup)



3 tbsp. vegetable oil  
1 small yellow onion, diced  
2 garlic cloves, chopped  
Coarse sea salt  
1/2 tsp. crushed red pepper flakes  
1/2 cup spiced rum  
2 cups chicken broth/stock  
4 six ounce chicken breasts, boneless/skinless  
Coarse black pepper  
1/2 cup fresh chopped leaf parsley  
2 tbsp. fresh chopped cilantro leaves

Cook rice according to package directions.

### While rice is cooking:

Cut pineapple into bite size chunks. Heat a sauce pan over medium to high heat, add one tbsp vegetable oil. Add onion, garlic, salt (to taste) and crushed red pepper. Stirring frequently cook for

approximately 2 minutes. Add pineapple chunks and some of the juice, stir to combine in skillet. Take the skillet off the heat and add the spiced rum, Captain Morgan is one of my favorites. Return pan to heat- be careful, rum can (and sometimes does) flame up. Keep on heat for about one minute to let the alcohol burn off. Add the chicken broth, stir and cook until reduced by 50%. It will thicken a bit as it reduces.

As sauce is reducing, pre-heat a large skillet over medium to high heat with 2 tbsp vegetable oil. Season the chicken to your liking with salt and pepper. Add chicken to hot skillet. Cook until done- about 5-7 minutes on each side (*depending on size of chicken breast*).

Slice the breasts and return to large skillet, add sauce, stir top combine. Add the parsley and cilantro, remove from heat.

Place chicken on bed of jasmine rice and top with liberal amounts of sauce.

For a little flavor twist add a small splash of liquid smoke or just cook the chicken over a charcoal grill.

This will serve about four people. Enjoy!



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