

Pollo Habanero

Mango Habanero Chicken

4 - 6 Chicken Breast;
 1 cups apple cider vinegar
 3 Each Mangos rough chopped
 2 tablespoon Molasses
 2 tablespoon Worcestershire sauce
 2 tablespoon mustard Dijon or dry
 3 - 5 Habanero peppers;
 de-seeded and diced

1/4 cups brown sugar
 2 tablespoon oil
 1 Juice from lime
 1 small Onion chopped
 Kosher salt; to taste.
 3 cloves garlic chopped
 1 tablespoon cumin

To make the sauce, start by heating up your oil in a large pan. Add the onion, garlic, and peppers and sautee for 3-5 minutes on medium heat until they are soft. Then add the mangos and stir for 5 more minutes. The mangos should release a lot of liquid and make a kind of soup.

After 5 minutes, you can add all your other ingredients.

Then let the sauce simmer on low for 15-20 minutes. It should reduce by about 1/4, but keep a close eye on it so it doesn't burn or scorch! Stir it frequently.

Sear the chicken on high heat in a few Teaspoons of oil in saute pan until brown on both sides. Transfer chicken to a large baking dish, cover with sauce and stick the whole thing in the oven for about an hour (30 minutes covered and 30 minutes uncovered) at 325 degrees. Serve over rice.

