Spicy Blackened Chicken

Ingredients

- 1 tablespoon packed brown sugar
- 2 teaspoons ground coriander
- 1 ½ teaspoons ground ginger
- 1 ½ teaspoons garlic powder
- ¾ teaspoon ground allspice
- ½ teaspoon cayenne pepper
- 1 teaspoon salt
- ¾ teaspoon black pepper
- 1½ to 2 pounds boneless, skinless chicken breast
- 2 tablespoons vegetable oil

Directions

1. Adjust oven rack to middle position, place 12-inch cast-iron skillet on rack, and heat oven to 500 degrees.
2. Combine brown sugar, coriander, ginger, garlic powder, allspice, cayenne, salt, and pepper in bowl.
3. Pound thicker ends of chicken breasts as needed to achieve even thickness. Rub with spice mixture.
4. When oven reaches 500 degrees, remove skillet from oven using potholders and place over medium-high heat; turn off oven. Being careful of hot skillet handle, add oil and heat until just smoking. Cook chicken, without moving, until lightly browned on first side, about 2 minutes. Flip chicken and continue to cook until lightly browned on second side, about 2 minutes.
5. Flip chicken, reduce heat to medium, and cook until very dark brown and chicken registers 165 °F.

Note: This is an excellent recipe for grilling and also works well in a regular skillet if a cast iron skillet is not available. Cooking times will vary. Cook to a minimum internal temperature of 165 °F.