

# **Wine& Garlic Chicken with Black & White Rice**



**Wine & Garlic  
Chicken with Black  
& White Rice**

Succulent grilled chicken nesting on earthy black and basmati rice – Topped with a wine sauce that will tantalize your mouth – and it's easy!

## What you need:

- 1  $\frac{1}{2}$  pounds boneless, skinless chicken thighs (About 5 or 6)
- 4 large cloves of garlic
- $\frac{1}{4}$  cup cornstarch
- $\frac{1}{4}$  cup water
- 1 cup sweet red table wine (like [Barefoot's sweet red blend](#) or Crane Lake's sweet red table wine)
- $\frac{1}{4}$  cup milk
- 5-6 sprigs of fresh thyme
- 1 cup cooked white basmati rice (cook according to package directions)
- 1 cup cooked black rice (cook according to package directions)
- $\frac{1}{2}$  teaspoon sea salt
- 1 Tablespoon butter

## How to Do it:

Place the chicken in a marinate pan (glass or one designed for marinated). Using a garlic press, crush the garlic over the top. Pour the wine over it and turn the chicken several times to mix the wine and garlic. Cover and marinate overnight, turning once.

Cook the rice according to package directions. Make sure you cook them separately or the black rice will turn everything purple. When the rice is done, mix the two rices with the butter and salt. Keep warm.

Heat the grill on high until it is about 325 degrees inside. Place the chicken over indirect heat, reserving the marinade liquid. I used a gas grill and lit both burners, placing the

chicken directly in the center of the grill. The flames were all around them, but not touching them.

Cook for about five minutes, then turn. Cook for about ten minutes, then turn again. Continuing cooking until the chicken is no longer pink inside, about ten more minutes.

While the chicken is cooking, put the marinade liquid into a medium sauce pan and bring to a boil. Continue boiling for 3-4 minutes to kill any bacteria that may have been in it from the chicken. Turn the heat down. Dissolve the cornstarch in the water and slowly stir into the wine mixture. Allow the liquid to thicken. Add the salt, milk and 3-4 whole thyme sprigs. Stir, and continue to cook on low until the sauce is fully thickened and the thyme flavor is infused into it.

Remove the chicken from the grill and serve with the rice. Pour some sauce over the top of the chicken and garnish with the leaves from the remaining thyme sprigs.



Serves 4

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Below are some of the items we used to create this recipe!

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