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# Peach Spiced Chicken

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

Servings: 6

**12 pieces (3 pounds cut) frying chicken**

**1/2 cup flour**

**1 1/2 teaspoons salt**

**1/8 teaspoon pepper**

**cooking oil**

**1 cup orange juice**

**2 tablespoons brown sugar**

**2 tablespoons vinegar**

**1 teaspoon mace or nutmeg**

**1 teaspoon sweet basil**

**1 clove garlic, minced**

**1 can (20 ounce) sliced peaches, drained**

Dredge the chicken thoroughly in a mixture of the flour, salt and pepper.

In a skillet, brown slowly on both sides in 1/2 inch of cooking oil. Lift out the chicken and strain out the oil, retaining the flavory browned bits remaining in the skillet.

Add the orange juice to the pan with the sugar, vinegar, mace, basil and garlic. Stir and heat for 5 to 10 minutes. Add the chicken and the peaches, turning them in the sauce. Cover and simmer until tender, about 30 minutes.

## **Chicken**

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*Per Serving (excluding unknown items): 82 Calories; trace Fat (2.3% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 535mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.*