

## Burton's BBQ Chicken Recipe, and some cocktails

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Denise Baron's delicious BBQ chicken salad.

Burton's Grill executive chef Denise Baron, 32, has been in professional kitchens since she was 15, save for a backpacking tour of Central and South America in her 20s. She's a Pennsylvania native, and has been at Burtons for more than four years, working in each Burtons – Boston, North Andover, Hingham, Connecticut and Virginia Beach -- as culinary director. Right now she's calling the Fenway Park location home.

Baron creates fairly simple dishes with fresh ingredients and some deft techniques she wanted to share. Take the simple BBQ chicken salad (see recipe, below.) While she awaits her shipment of farm foods this summer, she's using ingredients found in any supermarket, such as canned Goya black beans, Cabot cheese, and Hormel Apple-smoked bacon. However, it's important to use a few good techniques, such as using a refrigerated salad bowl to keep ingredients crisp, to serve up good food.

For her chicken – she likes Bell and Evans -- she prefers to brine the meat in a saltwater solution for 45 minutes to keep the meat moist longer. She's wary of buying vegetables sporting the term "organic," since the definition is so loose. She hand-tosses the salad in a mixture of BBQ sauce and ranch dressing, to properly coat the greens before it hits the table. "It gets flavor in every bite, and you don't use as much salad dressing that way," she said. "Guests enjoy it."

The salad is all kinds of crispy, with the tortillas and the iceberg, and the black beans and grapes give it differing textures as well. The BBQ and Ranch dressing is quite tangy, and it's easy to eat this salad in one sitting. Baron says she likes to omit the chicken when she's eating light.

### **BBQ Chicken Salad**

Yield: 1 order

Tools Needed: Stainless Steel Bowl, Measuring Spoons, Gloves, Chilled Large Bowl

#### **Ingredients**

4 oz Chicken, Grilled; chopped 1/2" x 1/2" 1 Cup Iceberg, Chopped 1/2" x 1/2" 1 Cup Romaine, Chopped 1/2" x 1/2"

8 Halves Grape Tomatoes

2 Tb Bacon, Chopped 1/2" x 1/2"

2 Tb Cheddar Cheese, Grated

1 Tbsp Red Onion, 1/2" x 1/4"

1 Tb Corn, Grilled

1 Tb Black Beans

3 oz BBQ Ranch Dressing

1/2 cup Tortilla Strips, Fried (you can buy these in store, in salad section)

#### **Method of Preparation**

1. Mix all ingredients together except tortilla strips, in a cold bowl.
2. Once all ingredients are mixed well, gently toss in tortilla strips.
3. Turn salad out into a cold large bowl, emphasizing height.

**Cheap Food Alert:**

Burtons Grill is also offering is now offering a special small plates menu -- \$3.95 apiece, Monday - Sunday 4-7pm, until May 31. Choices include

Warm Goat Cheese with panko crumbs, served over a spinach salad  
Southwestern Quesadilla with pepper jack, cheddar and roasted poblanos, drizzled with sour cream, southwestern dressing and topped with guacamole  
Fried Manchego cheese battered and breaded with panko crumbs, served over a spicy tomato coulis sauce  
Shrimp Bruschetta -- Pan seared shrimp, tossed with red onions, tomatoes, parsley and garlic, served in a limoncello-butter sauce, topped with grilled ciabatta bread  
Potato chips seasoned with rosemary, topped with seasoned onion straws

**AND...Here'e a few recipes for some Burton cocktails:**

**Ciroc Pomegranate Martini**

2oz Giroc Vodka  
2oz Pomegranate juice  
Shake vigorously and serve in a chilled martini glass with a sugared rim & orange slice garnish

**Snow Pear Martini**

2oz Pear Puree  
1oz Stolli Vanilla Vodka  
1oz Grey Goose Le Poire Vodka  
.5oz Sour Mix

Shake vigorously and serve in a chilled martini glass & garnish with a sprig of thyme