

## Sherry-Oregano Grilled Chicken-á la Tammy

- 3 chicken breasts, pounded to an equal thickness, then cut in half
- 1/4 cup olive oil
- 2 Tablespoons sherry vinegar
- 1 teaspoon Dijon mustard
- salt and pepper
- 2 teaspoons fresh oregano (use dried if that's all you have ... it's fine.)

On a platter, mix the olive oil, vinegar, mustard, salt, pepper, and oregano with a whisk. Layer the chicken on this mixture, turning to coat. Marinate for 20-30 minutes at room temperature.

Heat the grill (charcoal or gas is your choice ... you can even bake or sauté the chicken in a skillet).

Cook on the first side until the meat loosens easily from the grill and is starting to turn white around the edges. Flip it over, and cook until it feels slightly firm. If it feels too firm, it will be dry. If it feels too smushy, it will be undercooked.

If you bake the chicken, there's no need to turn it over. Just cook it about 20 minutes and test for doneness ... at least 165°F. Remember that meat keeps cooking after it is removed from the heat source because of the residual heat. It's in your best culinary interest to cook it to a lower temperature and allow it to rest before serving so it finishes cooking to the proper temperature and the juices can reincorporate. The end result will be delectable.