

WASHTENAW COMMUNITY COLLEGE

Pan Roasted Chicken Breast

Recipe courtesy of WCC's Department Of Culinary Arts And Hospitality Management

Ingredients

4 chicken breasts, skin on, rib bones removed

For sautéing: Canola Oil

To season: Salt/pepper

Preparation

- Wash chicken thoroughly.
- Season the washed chicken breasts with salt and pepper.
- Heat a medium sauté pan and once hot, add enough canola oil to lightly coat the bottom of the pan.
- In batches, sear the chicken breasts, skin side down first, for 2 to 3 minutes. [Note: try to avoid overcrowding the pan]
- Place the browned chicken breasts in an oven-proof dish and roast for 10 to 12 minutes at 375 F.
- Use a meat thermometer to test the internal temperature which should be 165 F.
- Remove chicken from the oven and allow it to rest for 3 to 5 minutes.
- Cut diagonally into three pieces.

Braised Baby Peas With Bacon And Lettuce

Ingredients:

¼ head Boston Bibb lettuce, cut into ½ inch strips

1 cup Pearl onions, peeled, cut in half

4 cloves Garlic, thinly sliced

2 oz. Bacon, cut into ½ inch wide strips

1 lb. Sweet green peas, raw or frozen

1 oz. Butter

2 cups Chicken or vegetable stock

To season: Salt/pepper

Preparation

- Cut and prepare the Bibb lettuce, onion, garlic, butter, and bacon as specified above.
- Place the bacon strips into a medium sauce pot and add approx. 3 tbsp. of water. Place on stovetop and heat.
- Cook the bacon until the water evaporates.
- Continue cooking over medium low heat for approx. 5 minutes, or until the bacon strips become crisp.
- Add the pearl onions and cook for 2 minutes.
- Add garlic and cook for 30 seconds.
- Add the peas, chicken/vegetable stock, and bring to a simmer. Season with salt and pepper.
- Simmer the peas in the stock until reduced by 50% of original volume, which should take approx. 3 to 4 minutes.
- Add the Bibb lettuce and simmer for 30 seconds. Remove pot from the stove.
- Add 1 oz. of butter and salt/pepper to taste.
- Swirl the pot to allow butter to melt.

Fondant Potatoes

Ingredients

2 lbs. Russet potatoes, peeled

1 cup Chicken or vegetable stock

4 oz. Butter

4 sprigs Thyme

For sautéing: Canola Oil

To season: Salt/pepper

Preparation

- Peel the potatoes and place them in a bowl of cold water
- Cut the potatoes into 1 inch thick, uniform slices
- Using a round biscuit cutter or a paring knife, cut each potato slice into uniform round shapes.
- Using a vegetable peeler, peel away the edges of each potato round to soften the edges. [This step is to prevent the edges from burning.]
- Heat a shallow sauce pot, and once hot, add enough canola oil to coat the bottom of the pot.
- Add the potatoes to the pot and sauté for 2 to 3 minutes, or until golden brown. [To sauté properly, avoid overcrowding the pot. This step can be executed in batches.]

- Flip the potatoes and repeat cooking process until golden brown.
- Once potatoes are browned, add the stock, butter, thyme sprigs, and season with salt and pepper.
- Cover the pot with a lid or aluminum foil and place into an oven heated to 400 F. Bake for 25 to 30 minutes, or until tender.

Completed Dish

- On a large plate, attractively arrange the chicken breasts alongside the braised peas, and fondant potatoes.
Enjoy!