



Roasted Jidori chicken, Pan seared haricot verts, Mashed Potatoes, Chicken Demi

Ingredients

2 jidori chicken breasts, roasted
6 oz – haricot verts, snipped and blanched
6 garlic cloves, peeled
6 shallots, peeled
2t – chopped garlic
1t – chopped shallot
Fresh thyme, chopped
2 cups mashed potatoes
8 won ton skins, julienned and quickly fried
¼ cup chicken demi
5T – canola oil
1/8 cup - chardonnay
Salt
Black pepper

Procedure

1. Heat oven to 325 degrees.
2. Season the chicken breasts with salt and pepper.
3. Bring 2T of canola oil to just under the smoke point in a cast iron skillet or sauté pan.
4. Sear the chicken breasts skin side down until the skin is caramelized (brown). Flip and place the pan into the oven to continue cooking until done, approximately 15-20 minutes.
5. Bring 1T of the oil up to temperature over a medium flame and quickly sauté the garlic cloves and whole shallots. Quickly toss these into the oven after 2 minutes and let roast until tender.
6. Bring 2T of oil up to temperature over a medium flame and add the chopped garlic and chopped shallots. Add the blanched haricot verts, the chopped thyme and quickly sauté for 1 minute. Deglaze with the wine, reduce au sec and reserve.

To plate

1. Mound a ½ cup or so of the mashed potatoes into the center of the plate.
2. Place the haricot verts and the roasted garlic and shallots on opposite sides of the mashed potatoes.
3. Place the roasted Jidori chicken breast on top of the potatoes. Spoon a bit of the warm chicken demi over the top of the chicken. Make sure you use enough so it rolls off the chicken and pools around the potatoes and vegetables.
4. Top with the quickly fried won ton julienne and serve.