



Chicken with Roasted Garlic, Saffron & Parsle

Serves 4

Ingredients

- 4 Boneless, skinless chicken breasts
- 2 Eggs
- ¼ cup half & half
- Flour for dredging
- Salt & pepper
- Olive oil
- ¾ cup peeled garlic cloves
- 10 peppercorns, crushed
- A pinch of saffron threads
- 2 Tbs. Italian parsley, chopped
- 2 Tbs. brandy
- 2 tsp. flour
- ½ cup white wine
- ½ cup chicken broth + additional for adjusting sauce consistency
- ½ cup cream (optional)

Directions

Make the sauce

1. Heat a saucepan with water till boiling. Add the garlic cloves and boil for 1 minute. Drain.
2. Heat 1 Tbs. olive oil in an oven-safe (preferably non-stick) skillet and add the garlic cloves, tossing around until they start to turn color. Transfer to a 325-degree oven for 15-20 minutes till softened and golden. Remove from oven.
3. Add the brandy to the skillet and ignite it, mashing the garlic.
4. Sprinkle in the flour and cook the roux for several minutes.
5. Add half the parsley, saffron and cracked peppercorns, mashing everything to a paste. Stir in the wine and chicken broth, whisking till smooth.
6. Simmer for 10 minutes and then season to taste with salt.
7. Adjust the sauce consistency with additional chicken broth and add cream, if desired. Serve with rice to sop up the sauce.

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Prepare the chicken

1. Slice the chicken breasts into medallions and pound to an even thickness between two sheets of plastic wrap.
2. Whisk the flour, salt & pepper in a medium bowl; set aside.
3. Whisk together the eggs and half & half in a medium bowl.
4. Place the chicken pieces in the egg mix and let soak for a few minutes. Shake off excess egg and dredge the breasts in the flour; set aside. Do this in batches.
5. Heat the olive oil in a large sauté pan, frying pan or skillet till the surface shimmers.
6. Add the chicken medallions to the pan and sauté over medium–medium-high heat till golden brown. Turn over and continue to cook until golden brown and crispy. If necessary, do this in batches. You don't want to overcrowd the pan, or the chicken will steam instead of getting crispy.
7. Remove from the pan and blot gently with paper towels. Serve with sauce and additional chopped parsley for garnish. Serve with rice.