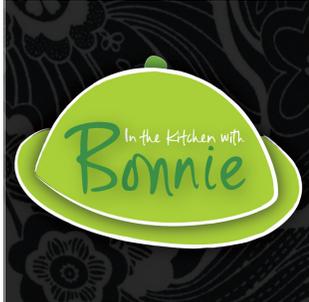


Shallot Braised Chicken Breast

Fried Green Tomatoes, Baby Arugula and Sauce Bercy



INGREDIENTS

For the Fried Green Tomatoes:

2 green tomatoes
1 cup ap flour
2 eggs
2 cups panko bread crumbs
Salt and pepper

For the Sauce Bercy:

1 cup chicken veloute
¼ cup white wine
2 tbs chopped shallots
1 tbs chopped parsley
1 tbs butter
Salt & Pepper

For the Shallot Braised Chicken:

4 chicken breast, skin on
2 tbs shallots, chopped
2 tbs vegetable oil
2 oz. arugula
2 tbs olive oil
Salt and pepper

DIRECTIONS

For the Fried Green Tomatoes:

Slice tomatoes into ¼ inch disks, season flour and bread crumbs with salt and pepper. Coat the tomato slices in flour then place in eggs and then in bread crumbs and fry at 350 until golden.

For the Sauce Bercy:

In a saucepan, combine the wine and shallots. Heat until the liquid boils, lower the heat a bit and continue simmering until the liquid has reduced until almost all the liquid is gone. Add the velouté, then lower heat to a simmer and reduce for about 5 minutes. Stir in the butter and chopped parsley, Season to taste with salt and pepper.

The veloute is chicken stock thickened with a blond roux.

For the Shallot Braised Chicken:

In a hot pan add the oil and sear the chicken skin side down until well caramelized, flip and place in the oven that has been pre heated to 400 for about 7 minutes, then turn the chicken again and add the shallot and back In the oven for 3 more minutes. When the chicken is fully cooked, remove it from the pan and deglaze with the sauce bercy.

To assemble the dish put a few ounces of bercy in the center of the plate then 2 green tomatoes, the chicken on top and toss the arugula with the olive oil and salt and pepper and top the dish.

Do not forget to season everything with salt and pepper.

specialty of:
Executive Chef Charles d'Ablaing

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