

COOKING WITH CHEF TOM BASORE

MAY 8, 2017

SIMPLE CHICKEN BREAST!

1) ROASTED (OR GRILLED) CHICKEN BREAST WITH MUSTARD SAUCE

Ingredients:

2 boneless chicken breasts	1 T. salt
2 T. olive oil	1 tsp. smoked paprika
1 tsp. black pepper	

Preheat oven to 400° F. or preheat grill. Coat chicken with olive oil. Cover with salt, pepper, and paprika. Place chicken on sprayed baking sheet. Bake 10 to 20 minutes (depending on size of chicken) until temperature reaches 165° F.

Sauce Ingredients:

1/4 c. small diced onion	2 tsp. olive oil
2 T. Dijon mustard	½ tsp. salt
¼ c. heavy cream	½ tsp. pepper
1 tsp. sugar	

Heat small pan with the oil until hot. Add onion, and sauté until softened. Add mustard, and sauté one minute until mustard is hot. Add cream and sugar. Heat to boiling. Add salt and pepper.

2) CURRY CHICKEN

Ingredients:

2 boneless chicken breasts, cut into cubes	2 T. curry powder
2 T. vegetable oil	1 c. chicken stock
½ c. vegetable oil	½ tsp. cinnamon
1 ½ c. diced potatoes	½ tsp. cayenne pepper (optional)
1 c. diced carrots	2 T. fresh cilantro (or 2 tsp. dry)
1 sm. can diced tomatoes	1 T. salt
½ c. slivered onion	

Pour curry powder, cinnamon, and cayenne into a dry skillet and heat. Keep moving the powder, just toasting it until it is very aromatic. Remove from skillet, and add 2 T. of oil. Add the chicken, and cook until 150° F.

Remove chicken from the pan, and add ½ c. oil to the skillet. Add onion, and cook until softened. Add carrots and potatoes. Add curry powder mixture, and stir to coat all. Add chicken stock and tomatoes; bring to a light boil; reduce heat, and cook for 10 minutes or until carrots and potatoes are tender. Add chicken back. Reduce liquid over medium heat to a stew consistency. Serve with Basmati (or other white) rice.

Tom Basore, CDM, CFPP

Bluestem Culinary Executive Chef

Water's Edge Restaurant General Manager

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3) CHICKEN STRIPS

Ingredients:

2 boneless chicken breasts, cut into strips	2 tsp. black pepper
¾ c. flour	2 eggs
¾ c. flour (yes)	¼ c. water
2 tsp. salt	skillet or sauté pan
Vegetable oil	

Pour vegetable oil ¾" deep in a skillet or sauté pan, and heat to 325-350° F.

Place ¾ c. flour on a dinner plate, and add salt and pepper. Place the other ¾ c. flour on another dinner plate. Mix eggs and water; beat until fully incorporated. Place seasoned flour on counter to the left of the egg mixture, and the unseasoned flour on the right side of the egg mixture. Place a third empty plate to the right of the unseasoned flour to receive the breaded chicken.

Dredge chicken thoroughly with the seasoned flour. Dip into egg mixture, making sure to get the chicken well-covered. Dredge chicken in unseasoned flour, and place on the receiving plate.

When the oil has reached temperature, carefully place one strip at a time into the hot oil. Cook 2-3 minutes until bottom is golden. Turn breasts, and cook for another 1-2 minutes until fully golden. Check the temperature: chicken must reach 165° F.!

Serve with BBQ, honey mustard, ranch, buffalo, or your favorite dipping sauce.

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