



2022 Culinary Arts Menu

Sauteed Chicken with Fines Herbes Sauce

Rice Pilaf

Garlic Green Beans



Sauteed Chicken with Fines Herbes Sauce

Yield: 2 Servings

INGREDIENTS

2 boneless, skinless chicken breasts
Kosher salt, as needed
Freshly ground black pepper, as needed
1/2 cup all-purpose flour, as needed
2 tablespoons vegetable oil
2 teaspoons minced shallots
1 cup chicken stock, divided
1/4 cup heavy cream
1 teaspoon finely chopped tarragon
1 teaspoon finely chopped flat-leaf parsley
1 teaspoon finely chopped chives
1 teaspoon finely chopped chervil

METHOD

1. Season the chicken breasts with salt and pepper and dredge in the flour, shaking off any excess.
2. Heat the oil in a large sauté pan over medium-high heat. Add the chicken breasts and sauté on the first side until lightly golden. Turn the chicken over and continue to sauté until opaque and cooked through. Transfer to plate and cover loosely with aluminum foil to keep warm while preparing the sauce.
3. Add the shallots to the pan and sauté until translucent, 1 to 2 minutes.
4. Add half of the chicken stock and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Continue cooking over medium-high heat until the liquid has nearly cooked away. Add the remaining broth, bring to a simmer, then add the cream and simmer until the mixture is flavorful and has reduced to a sauce-like consistency, about 5 minutes.
5. In a small bowl, combine the tarragon, parsley, chives, and chervil (the fine herbs). Add them to the sauce, and season with salt and pepper. Pour the sauce over the chicken and serve immediately.



Rice Pilaf

Yield: 2 Servings

INGREDIENTS

1-2 teaspoons extra virgin olive oil
1 cup long-grain white rice
1/2 small diced yellow onion
1 stalk celery small diced
2 cups chicken stock
Salt to taste
1/4 cup chopped flat-leaf parsley

METHOD

1. In a medium saucepan over medium-high heat, add oil. When the oil is hot, add rice and stir to coat. Brown the rice slightly.
2. Add onion and celery. Sautee until softened.
3. Add chicken stock and salt to season. Bring to a boil, then reduce to a simmer. Cover and cook for approximately 20 minutes, or until the stock has been absorbed. Remove from heat and let stand for a few minutes.
4. Remove cover, fluff with a fork, stir in chopped parsley and serve.



Garlic Green Beans

Yield: 2 Servings

INGREDIENTS

1/4 cup water
1/2 lb green beans, ends trimmed
1 tsp salt; to taste, divided
1/2 tbsp olive oil
1 tbsp unsalted butter
2 garlic cloves, minced
Black pepper, to season
1/2 - 1 tablespoon fresh squeezed lemon juice

METHOD

1. Heat a medium sauté pan over medium-high heat. Add water and beans to the pan with about half of the salt. Bring to a boil for 3 minutes.
2. Drain beans and set them aside.
3. Heat oil and butter together in the same pan. When the butter has melted, add the garlic sauté until fragrant. Add the green beans, and toss to coat in the oil/butter mixture.
4. Take off of the heat, season with salt and pepper. Squeeze lemon juice, mix through, and serve.



Equipment list TBD.

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