

PARMESAN CRUSTED CHICKEN

MAKES 4 SERVINGS; TOTAL TIME: ABOUT 1 HOUR

PREPARE:

- 2 boneless, skinless chicken breasts halves, Page 18

WHISK:

Dipping Mixture, Page 18

ADD TO CRUSTING MIXTURE:

- ½ cup Parmesan cheese, grated

SERVE CHICKEN WITH:

Sage-Butter Sauce
Roasted Potatoes with Garlic and Rosemary

Preheat oven to 450°.

Prepare chicken breasts by halving and pounding.

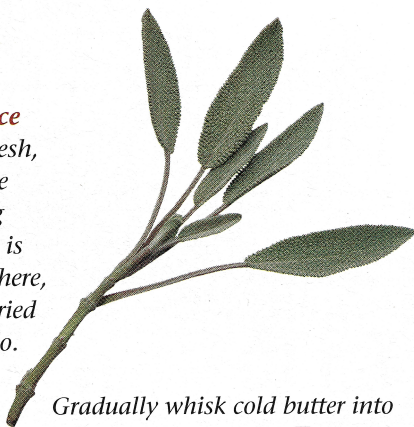
Whisk egg whites, cornstarch, and lemon juice in shallow dish for Dipping Mixture.

Add Parmesan to the Crusting Mixture. Crust prepared chicken, let rest, saute, and roast.

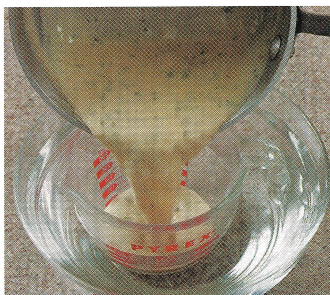
Serve chicken with Sage-Butter Sauce and Roasted Potatoes with Garlic and Rosemary.

Sage advice

Dried or fresh, a little sage goes a long way. Fresh is preferable here, but ½ t. dried sage will do.



Gradually whisk cold butter into simmering sauce base. ▼



◀ Keep sauce warm in a cup set inside a bowl of hot (not boiling) water. Stir sauce often.

SAGE-BUTTER SAUCE

MAKES ABOUT 1 CUP

TOTAL TIME: 20 MINUTES

SAUTE IN 1 T. UNSALTED BUTTER:

- 3 T. shallot, minced

ADD AND REDUCE:

- ½ cup dry white wine
½ cup heavy cream
½ cup low-sodium chicken broth
1 t. fresh lemon juice

WHISK IN:

- 4 T. (½ stick) cold unsalted butter, cubed

FINISH WITH:

- 1–2 t. minced fresh sage
Salt, white pepper, and cayenne to taste

Saute shallot in butter in a small saucepan over medium heat just until soft, 2–3 minutes.

Add wine, cream, broth, and lemon juice. Simmer until reduced by half, 8–10 minutes.

Whisk in butter, 1 T. at a time, stirring constantly. Do not add more butter until previous addition has melted completely.

Finish sauce with sage and seasonings. Keep warm in a water bath until ready to serve.

make it a menu

ROASTED POTATOES WITH GARLIC AND ROSEMARY

MAKES ABOUT 3 CUPS

TOTAL TIME: 30–45 MINUTES

HEAT:

- ¼ cup olive oil
4–5 cloves garlic, smashed
1 T. chopped fresh rosemary

BOIL:

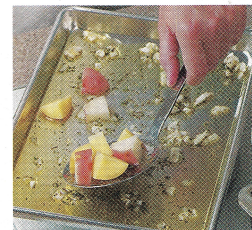
- 2 lb. Yukon gold and/or red skinned potatoes, unpeeled, cut into large chunks

ROAST; SEASON WITH:

Coarse sea salt and freshly ground black pepper to taste

Preheat oven to 450° with rack in lower third. Bring 6 quarts salted water to a boil in a large saucepan.

Heat oil, garlic, and rosemary on a large baking sheet (with sides) on stovetop over medium-low heat. Do not allow garlic to brown.



◀ To heat oil, place the pan directly on the stovetop.

Boil potatoes in water for one minute. Transfer to the baking sheet on the stove with a slotted spoon; stir to coat with oil.

Roast potatoes in oven on lower rack for 20 minutes. Carefully toss them with a spatula, then roast another 10 minutes, or until cooked through, browned, and crisp. Season with sea salt and freshly ground black pepper.