

Pan Roasted Chicken Breast with velouté.

Yield 2

Amount	Ingredients
2	Chicken breast, skin-on
To taste	salt
To taste	black pepper
2 Tbsp.	oil
2 Tbsp.	fresh thyme springs
1 ½ cups	chicken stock
4 Tbsp.	unsalted butter
2 Tbsp.	all-purpose flour

Directions

1. Pat the chicken breast dry and season generously with salt and pepper.
2. Heat oil in a skillet over medium-high heat.
3. Place chicken breast into hot skillet skin side down. Cook without moving until skin is crisp.
4. Flip the chicken then add 2 tablespoons of butter and thyme. Spoon melted butter over the chicken several times until done.
5. Warm stock in a small pot.
6. Melt the remaining butter in a small pan. Whisk in flour to form a roux. Cook for two minutes.
7. Whisk in the warm stock and simmer until sauce thickens, Season with salt and pepper.
8. Serve chicken breast and velouté with mashed potatoes and broccolini.

Mashed Potatoes

Yield 2 portions

Amount	Ingredients
2 each	Russet potato
1 tsp.	salt
1 tbsp	butter
½ cup	heavy cream
1 tsp.	Chives, minced.
Pinch	White pepper

Directions

1. Quarter potatoes and place in cold water with salt.
2. Boil potatoes until tender.
3. Pass through a food mill into a fresh pot.
4. Add cold butter and hot cream over low heat until proper texture is achieved.
5. Fold in chives and pepper.
6. Keep warm until service.

Broccolini

Yield 2 portions

Amount	Ingredients
1 bunch	broccolini
2 tbsp	Olive oil
1 clove	Garlic, minced
1 each	lemon
To taste	salt
To taste	black pepper

Directions.

1. Blanche broccolini in a skillet with 1-2 inches of water.
2. Heat olive oil in skillet over medium heat.
3. Saute garlic in oil for 1-2 minutes.
4. Add broccolini to pan and sauté for 2-3 minutes.
5. Season with lemon juice, salt and pepper.