



09. Make: Chicken Suprême with Root Vegetables

“Never cook chicken stone cold; it goes dry before it’s cooked in the center.”

SERVES 4

PREP 20 minutes

COOK 45 minutes

For the root vegetables:

12 baby carrots
8 baby turnips
4 baby golden beets
4 baby red beets
1 small bunch rosemary
1/2 small bunch thyme
1 bunch parsley
Sea salt

For the chicken:

4 boneless, skin-on chicken breasts
Sea salt
Freshly ground black pepper
3 tablespoons grapeseed oil
4 garlic cloves, crushed
Remaining half bunch thyme
1 stick butter
2 shallots, thinly sliced
1/4 cup brandy
3/4 cup veal demi-glace
(Optional: Shaved White Truffle)

MAKE THE ROOT VEGETABLES

- 1 Preheat oven to 425 degrees F°. Remove chicken from the refrigerator and allow it to come to room temperature. Season well with salt and pepper.
- 2 Wash all vegetables thoroughly and dry. Form a bed of rosemary, thyme and parsley in a roasting pan. Lay the vegetables on top, season with salt and seal tightly with aluminum foil, shiny side up. Place roasting pan over medium heat on the stove top. Let the vegetables heat up, about 1 minute, until you hear crackling, then transfer pan to oven. Cook the vegetables until they are knife-tender, 30 to 40 minutes depending on size.

MAKE THE CHICKEN

- 1 Meanwhile, move on to your chicken. Place a large skillet over high heat and add grapeseed oil. Lower the heat to medium and add garlic and thyme. Then place the chicken breasts, skin-side down, into the pan. Don’t move the chicken until skin releases and browns on the edges, about 4 minutes. Tilt the chicken to the edge of the pan, searing the sides, about 10 seconds per side. Flip the chicken and add 6 tablespoons butter. As the butter melts, carefully and continuously spoon it over the chicken, basting the skin until golden, about 3 minutes. Flip the chicken back to skin-side down and transfer the pan to the oven for about 10 minutes, until golden brown and juices run

- 2 Place the skillet back over medium heat on the stove top. Add shallots and remaining 2 tablespoons butter. Transfer garlic and thyme back into pan. Stirring frequently, continue to cook until shallots caramelize, about 4 minutes. Lower the heat and carefully pour brandy into the pan, being cautious of the flambé caused by the alcohol burning off, scraping the bottom of the pan clean. Add demi-glace, stir, and season with salt and pepper. Let the sauce cook a few minutes, then pass through a strainer into a small sauce pot. Push the shallots and garlic into the strainer. Place back over heat and cook until reduced, about 5 minutes.
- 3 Halve the cooked vegetables and arrange on plates. Separate the chicken tender from each breast and slice breasts, then transfer all chicken pieces to plates. Drizzle sauce around chicken, careful not to moisten crispy skin. Grate truffle over the plates, if using.

[illegible]

IMPORTANT CONCEPTS

TAKE IT FURTHER

- ## ASSIGNMENT

NOTES

[illegible]