

Italian Fennel Spiced Lancaster Chicken Breast with Fig Sauce

Recipe

4- 8-10 oz Organic Airline Chicken Breast
1 qt Chicken Brine
4 T Fennel Rub
1 T Shallots Minced
1 T Garlic Minced
¼ cup Sherry Vinegar
8 Figs
2 Cups Chicken Stock
2 oz Butter
½ Lemon
1 teaspoon Chives Chopped
1 teaspoon Parsley Chopped

Method: Brine Chicken Breast for 1 hr. Remove and Pat Dry, Rub with Fennel Rub and let set in refrigerator for 2 hours up to overnight. Remove Chicken from refrigerator and allow to come up to room temperature. Pre-Heat Oven to 400 degrees. Using a Sauté Pan (prefer cast iron), heat on medium to high temperature. Add favorite cooking oil to pan, place chicken skin side down, do not overcrowd the pan. Sear for 4-5 minutes until the skin starts to brown and crisp, flip and cook for two minutes then place into the oven for 10-12 minutes until reaches internal temperature 160 degrees. Remove from the oven, remove chicken from pan, and set aside to rest. Remove all but enough fat to cover the bottom of the sauté pan, on medium heat add shallots and garlic to sweat, add sliced figs and cook for 1-2 minutes until figs start to release some of juices, deglaze with sherry, add chicken stock and allow to boil and reduce by half. Once sauce has started to thicken from reduction add, chicken breast back to pan, baste sauce over. When sauce covers chicken, turn off heat, add butter and lemon and stir until butter is all melted, finish with chives and parsley.

Serving Suggestions: This dish goes great with Mashed Potatoes or Creamy Polenta. Vegetable Sides, focus on what is in season, this dish is great in fall and winter with Beets, Brussels Sprouts, Celery Root, Winter Squash. In the Summer I can envision summer squash, heirloom tomatoes and light salad working great. Shop your local farmers market, use the best the season has to offer and you can't go wrong!

Fennel Rub

Fennel Seed ~ 1 Cup
Coriander Seed ~1 Tablespoon
White Peppercorn ~1 Tablespoon
Kosher Salt ~1.5 Tablespoon

Method: In sauté pan on medium heat toast Fennel Seed, Coriander and White Peppercorn, for 2-3 minutes to release oils and flavor. Cool and add everything to spice grinder including salt and coarsely grind.

Chicken Brine

Water ~1 qt

Salt ~½ cup

Sugar ~ 3 Tablespoon

Brown Sugar ~ 3 Tablespoon

Garlic Cloves ~ 1 Clove Crushed

Bay Leaves ~ 1 ea

Thyme ~ 2 Sprig

Peppercorn ~ 1 teaspoon

Lemon Sliced ~ ¼ each

Orange Sliced ~ ¼ each

Ice ~ 1 qt

Method: Add all ingredients except for Ice to pot and bring to a boil. Remove from heat, add Ice, and cool before adding meat. Pour Over Chicken and refrigerated for 1 hr.