Chicken Suprême Yield - 2 Main courses

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| Ingredients | Instructions |
| 2 – 5 oz chicken breasts – trimmedflour as neededSalt and Pepper | Lightly dredge chicken breast with flour; season to taste.In a hot pan with a small amount of oil, sear chicken breast – presentation side down. Turn chicken breast and allow to finish cooking in the oven. When chicken reaches the proper temperature, rest and hold warm for service.  |
| 1/3 Lb - carrot, horse – cut oblique | Blanch oblique cut carrots until al dente; reserve. |
| 1/3 lb - broccoli - Floret | Blanch Broccoli Florets in salted water until bright green and al dente; reserve. |
| 2 oz – shallot sliced into ringsFlour and seasonings from above | Dredge thinly sliced shallots with flour.Shallow fry shallots in hot oil until crispy, golden brown and delicious; reserve. |
| 6 oz - rice pilaf – Recipe below3- oz - Sauce supreme – Recipe below | To plate: arrange carrots, broccoli and rice as per your design on a hot plate.Slice chicken and arrange per your design on the sauce suprême.Top with fried Shallot rings. |

Sauce Suprême Yeild - 1 ¼ Cups

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| Ingredients | Instructions |
| 1 T butter1 T flour | Melt butter and add flour. Cook for 2-3 minutes. |
| 1 C chicken stock | In a separate pan bring stock to a boil. Add one-third of the stock to the roux.Whisk thoroughly working out all lumps – should have a very thick consistency. Add another third of stock to the roux, working out all lumps – should have a thick-thin consistency.Allow to come to a bubble. Add the last third of the stock.Whisk thoroughly – should have a nappé consistency. |
| 2 T heavy creamSalt & pepper | Finish sauce with heavy cream.Season to taste. Reserve warm for service. |

Rice Pilaf yield – 1 ½ Cups

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| Ingredients | Instructions |
| 2 oz onion – small dice1 oz butter softenedOil as needed | Render onions with oil and butter until translucent over medium heat. |
| ½ C converted Rice | Add rice to onions. Fully coast rice with oil and butter by stirring rice in the onions. |
| Salt and pepper to taste. | Add the chicken stock. Bring to a boil. Quickly give rice a brisk stir. Cover and allow to cook al dente in the oven; approximately 20 min.Season and reserve hot for service.\*\*If no oven is available, allow the rice to cook at a very low temperature and tightly covered. |

Spinach Salad Yeild – 2 Salads

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| Ingredients | Instructions |
| 2.5 oz spinach | Clean Spinach and wash thoroughly ensuring that stems are removed. Dry spinach and reserve in a cold area. |
| ½ small red onion | Peel onion. Slice onion from blossom to stem in thin slices; reserve. |
| 1 navel orange | Peel and segment navel orange; reserve segments and juice. |
| 2 T butter, melted2 slices bread, diced and crust removed | Melt butter. Dice sliced bread into even cubes. Toss cubed bread lightly with melted butter. Season lightly with salt and pepper. Make croutons by toasting cubed bread to “golden brown and delicious;” reserve. |
| salt and peppermustard vinaigrette – recipe below | Lightly coat spinach with the mustard vinaigrette by tossing in a mixing bowl.Plate Spinach on a chilled salad plate.Garnish with sliced onions, orange segments and croutons.Season to taste if needed |

Mustard Vinaigrette Yield – ½ C

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| Ingredients | Instructions |
| 2 T white vinegar½ oz mustard | Dissolve mustard with vinegar using a whisk.  |
| 6 T vegetable oil | Slowly incorporate oil into the vinegar-mustard mixture using a whisk. |
| Salt and pepper | Season to taste. Reserve cold. |

Lemon Tart with Graham Cracker Crust

Makes 3 - 4” tarts

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| Ingredients | Directions |
| **Crust** |
| ½ C finely crushed graham crackers3 T unsalted butter, melted2 T sugar¼ tsp salt | 1. Stir together all ingredients and press into the bottom and 1 inch up the side of a tart pan. 2. Bake the tart shell at 325˚ for 5-7 minutes to help it “set”. 3. Fill the cooled tart shell with Lemon Curd (recipe below).Decorate with piped Chantilly cream (recipe below). |
| **Lemon Curd** |
| 1/4 C sugar¼ C fresh lemon juice3 T unsalted butter, cut into ½ inch pieces1 and ½ (3 oz) large eggs, beaten | 1. In the top of a double boiler over simmering water, cook the sugar, lemon juice, butter, zest and eggs, whisking frequently, until a custard forms and bubbles appear on the surface. 10-15 min.2. Remove from the heat and strain through a fine mesh sieve into a bowl. |
| **Chantilly Cream** |
| ½ C cold heavy cream2 T (.4 oz) Powdered sugar¼ tsp vanilla extract | 1. Whip the cream until it becomes thick and add vanilla and sugar to taste.2. Whip to soft peaks. |
| Recipe provided by Chef Mike Artlip, CEC, CCE, CHE, on behalf of Kendall College |

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