



PLATE PREP

# Chicken Forêt

*Basil parmesan egg-battered chicken breast over spinach and baby portobello mushroom risotto, with a sherry butter finish.*

**Box to Plate:** 15 min. **Wine Suggestions:** White - Pinot Grigio; Red - Burgundy



## Ingredients:

chicken breast  
egg beater  
butter  
shallots  
garlic  
sherry wine  
risotto  
basil  
parmesan

## Essentials Needed:

2 bowls  
2 sauté pans  
tongs  
whisk or large fork

## Steps:

1. Preheat oven to 400 degrees.
2. Preheat pan on stove top to medium-high heat.
3. Add butter to heated pan (than half of container 1).
4. Add pre-battered chicken breast into the heated sauté pan.
  - Cook until golden brown, three minutes on each side.
  - When you turn over the chicken, open the shallots (container 2) and garlic (container 3) and add the contents to the pan.
  - De-glaze the pan with sherry (container 4) while the chicken is in the pan.
  - Cook for 1 minute.
  - After 1 minute, take the chicken out of the pan and place it in the oven safe pan, then put the pan in the oven.
  - Move the sauté pan with the remaining sherry off the heat. Let it sit.

## Starch Preparation: Risotto

Preheat second sauté pan on stove top to medium heat.

1. Add the vegetable stock package to the heated pan.
2. Open and add the risotto package to the heated pan.
3. Let simmer for 1 minute.
4. Stir in the butter (remaining butter in container 1) and basil parmesan cheese package (container 5) and heat to the desired temperature.

## DESIGN YOUR PLATE

- Scoop risotto onto the center of the plate. Use table spoon to round the risotto into round shape and pat down top of risotto until flat.
- Remove chicken from the oven and place fully cooked chicken on top of the risotto.
- Pour sherry butter sauce over the chicken.
- **Plate & Serve.**