

## Virtual Birthday Party Anne Pariser

October 10, 2020 2PM-3:30PM

### One Skillet Chicken with Mushroom Sauce

Yield 4 Servings

prep time 10 MINUTES

cook time 20 MINUTES

total time 30 MINUTES

#### Ingredients

- 4 boneless skinless chicken breasts
- salt and pepper
- 1 cup chicken broth
- 1 tablespoon minced garlic
- ½ teaspoon red pepper flakes
- ½ teaspoon dried or fresh thyme
- 2 tablespoons olive oil
- 8 ounces baby bella (cremini) mushrooms, sliced
- ½ cup finely diced shallots (or red onions)
- 2 tablespoons butter
- ¼ cup heavy cream
- 2 tablespoons chopped parsley (or basil)

#### Instructions

- Using a mallet, pound down the chicken breasts into ½ inch thickness. Sprinkle a pinch of salt and pepper on both sides of the chicken.
- In a bowl, combine the chicken broth, minced garlic, red pepper flakes, and dried thyme.
- Position a rack in the lower third of the oven and preheat the oven to 375°F.
- Heat 1 tablespoon of the olive oil in an oven-safe skillet over medium high heat. Add the mushrooms and allow to brown for 3-4 minutes stirring as required to brown both sides. Remove the mushrooms to a plate (use one large enough to remove chicken as well).
- Heat the remaining 1 tablespoon of oil on medium high heat. Add the chicken and allow to brown on both sides for 2-3 minutes per side. Don't worry if the chicken isn't cooked completely, we'll finish it in the oven. Remove the chicken to plate.
- Reduce the flame to medium, add the shallots to the skillet along with the chicken broth mixture. Using a whisk, scrape the bottom of the pan so all the brown bits are loosened. **Let sauce simmer and reduce for about 8-10 minutes or until about ½ cup of the sauce remains.**
- When the sauce has thickened, remove from the flame, add the butter and whisk until it melts completely.
- With the skillet off the flame add the heavy cream and mushrooms, and whisk to combine.
- Place the skillet back over the flame for just 30 seconds, do not allow the sauce to boil. Remove from heat, add the chicken back into the pan and drizzle the sauce over the chicken.
- Place the skillet in the oven for 5-8 minutes or until the chicken is completely cooked through. Top with chopped parsley or basil and serve warm.

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**Cheesy Garlic Roasted Asparagus**

Prep Time 5 mins

Cook Time 15 mins

Total Time 20 mins

Servings: 4 - 6 people

**Ingredients**

- 1 pound asparagus spears, woody ends removed or peeled
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 3/4 teaspoon Kosher salt
- 1/4 teaspoon fresh cracked black pepper
- 1 1/4 cup shredded mozzarella cheese

**Instructions**

1. Preheat oven to 425°F. Lightly grease a baking sheet with nonstick cooking oil spray.
2. Arrange asparagus on baking sheet. Set aside.
3. In a small bowl mix together olive oil, garlic, salt and pepper. Drizzle the oil mixture over the asparagus and toss to evenly coat.
4. Bake for 10-15 minutes until vibrant and just beginning to get tender.
5. Remove from oven and top with the mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).
6. Adjust salt and pepper, if needed. Serve immediately.

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### **Oven Roasted Potatoes**

PREP TIME 1 hour 5 minutes

COOK TIME 30 minutes

TOTAL TIME 1 hour 35 minutes

SERVINGS 6 servings

#### **Ingredients**

- 2 pounds red or yellow skinned potatoes or russet
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 3 tablespoons fresh herbs chopped (rosemary, parsley, thyme, basil)
- 1/2 teaspoon paprika
- to taste coarse salt and pepper

#### **Instructions**

1. Preheat oven to 425°F.
2. Scrub potatoes (do not peel them). Dice into 1" cubes.
3. If time allows, soak potatoes in cold water for up to 1 hour. (This removes starch and makes for a fluffier potato). Drain and dry potatoes, if required.
4. Toss potatoes, olive oil, herbs, and seasonings
5. Place on a baking sheet and bake for 30-35 minutes until browned and tender.

#### **Notes**

6. Use any combination of herbs you'd like. Dry spices/herbs can be substituted, use 1-2 teaspoons dry herbs in place of fresh.

#### **Pre-class Preparation:**

- Pre wash and cut vegetables
- Have chicken cleaned and ready to pound out
- Pre measure all ingredients

#### **Equipment Needed:**

- Medium sized skillet
- Roasting pans
- Measuring utensils
- Tongs
- Mixing bowl
- Stove
- Oven pre-heated