

Ingredients :

4 Airline* chicken breasts, 6-8 oz
4 tsp black truffle oil
1/2 cup buckwheat honey
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1/2 cup olive oil
2 lbs Yukon Gold Potatoes, skin on, diced
1/2 lb yellow onion, diced
8 oz red bell pepper, diced
8 oz green asparagus, peeled
1 1/2 cups chicken stock
1 tbsp unsalted butter, cold
salt & pepper to taste



Recipe courtesy of The Culinary Institute of America as part of the Honey 101 curriculum.

NOTES: Serves 4. The Airline* chicken cut leaves the meat on the first joint of the wing. Monte au beurre** in step 5 refers to melted butter that remains emulsified, even at temperatures higher than that at which butter usually breaks down.

Directions:

- 1) Preheat oven to 300(F) and preheat your grill. In a heavy-bottomed oven-proof saute pan, heat two tablespoons olive oil. Season the chicken breasts well with salt & pepper. Place the chicken in pan, skin side down. Sear the chicken breasts until the skin is brown and crispy. Turn the chicken breasts over, so crispy skin is up.
- 2) Drain excess oil from pan.
- 3) Drizzle approximately 1/4 cup buckwheat honey over each chicken breast. Place in preheated oven until cooked through, when a thermometer inserted into the center reaches 165(F), approximately 10 minutes.
- 4) Drizzle each chicken breast with approximately 1/2 teaspoon black truffle oil. Remove chicken from pan and set aside.
5. Add chicken stock and stir. Remove cooked-on bits from bottom of pan. Place on stove top. Bring to a boil and then reduce to a simmer. Simmer until liquid is reduced by half. Season with salt and pepper. Monte au beurre** with one tablespoon unsalted butter.
- 6) In a separate heavy-bottomed saute pan, heat 4 tablespoons olive oil. Add the onions, peppers and potatoes. Season well with salt & pepper. Saute until all sides of the potatoes are brown and potatoes are tender, stirring when needed.
- 7) Prepare asparagus by breaking the stalks when they break naturally. Using a vegetable peeler, peel the bottom one to two inches of the asparagus. Toss well with 2 tablespoons olive oil and season well with salt and pepper. Sear on a hot grill until tender.
- 8) Slice chicken on a bias, leaving one bone in one piece. Serve with 4 ounces potato hash, 4-6 sprigs of asparagus and 1-2 ounces of sauce. Drizzle the chicken with approximately 1/2 teaspoon truffle oil and 1 tablespoon buckwheat honey.