

## Pan-Roasted Chicken Breast, Wild Rice, Wild-Foraged Morel Pan Sauce

*Serves 4*

4 ea. Boneless skin-on chicken breast (about 4 oz. breasts for a light course, 7 oz. for a full meal)

3 Tbs. Picked fresh thyme, stems reserved

Salt and Pepper

Olive oil

**Wild Rice** (See below)

**Pan Sauce** (See below)

1. Rinse and dry chicken breasts.
2. Season well both sides with salt and pepper. Spread with Thyme on both sides.
3. Pre-heat oven to warm (180° or so).
4. Heat high sided skillet on medium-high heat. Coat the bottom of the pan with oil.
5. Cook chicken skin side down until the skin is brown and the chicken is half cooked. Turn and finish cooking. (Completely safe internal temperature is 160°)
6. Remove from pan, place in oven to hold, and proceed for Pan Sauce.

Plating:

1. Place Wild Rice in center of the plate.
2. Slice chicken and fan around rice.
3. Spread morels and asparagus liberally along chicken.
4. Sauce meat.

### Wild Rice

1 C. Wild rice

1 ea. Shallot, minced

3 C. Chicken stock

1 Tbs. Chopped fresh thyme

1 Tbs. Butter

1. Place all ingredients except butter in a pot. Bring to a simmer and keep heat at barely a simmer. Cook for 45 minutes to 1 hour until rice is tender but not destroyed.
2. At end of cooking, season with salt and pepper. Allow time for rice to absorb seasonings from cooking liquid.
3. Drain and stir in butter.

### Pan Sauce

½ # Fresh Morels, cleaned

1 clove garlic, sliced very thinly

1 C. Chicken Stock (See following procedure)

(Kitchen Basics is a good brand if you do not have homemade.)

½ # Thin asparagus, sliced into ½" chunks

¼ # Unsalted butter

1 Tbs. Chopped fresh thyme

**Chicken Stock**

- 3 Chicken Carcass (about 5 #, may substitute wings and backs)
  - 1 Large onion, chopped
  - 1 Carrot, copped
  - 2 Stalks celery, chopped
  - 1 Head garlic, split
  - 1 tsp. Black peppercorns
  - 1 ea. Bay leaf
- Sprigs fresh thyme

1. Place carcasses and organs (not livers!) into stockpot.
2. Place onions, carrots, and celery into pot.
3. Place garlic and herbs in pot. Cover with cold water and place on stove.
4. Bring to a boil and reduce heat to a minimal simmer. Skim fat and foam immediately! Cook 1-2 hours, skimming fat and foam regularly.
5. When done, skim fat and strain through a coarse mesh strainer. Strain again with a fine mesh strainer.