



THE BEST PAN CHICKEN

INGREDIENTS

- 2 or 4 skin-on chicken breasts
- Salt and Pepper
- Olive oil or vegetable oil
- 2 cups sliced vegetable (carrots, parsnips, celery, potatoes, etc)
- 2 cloves of garlic (sliced)
- 1 shallot or small onion (sliced)
- 1 bottle of red wine/white wine (most is for you to drink)
- 1 1/2 cup chicken stock
- 4 tablespoons butter
- 1 handful fresh herbs (rosemary, thyme, parsley, etc)
- 1 tablespoon corn starch
- 1 tablespoon water
- 1 cast iron pan

OPTIONAL: citrus or heavy cream

PREP TIME: 20 MINS
COOK TIME: 25 MINS
TOTAL TIME: 45 MINS

DIRECTIONS

- 1. Pre-heat a cast iron pan on high and dry chicken breasts with a paper towel. Removing any excess water before you sear your chicken will ensure a perfect sear and no hot popping oil.**
- 2. Season chicken with salt and pepper. Coat the bottom of the cast iron pan with oil. Sear the chicken breast skin side down.**
- 3. Flip chicken breasts when the skin is a deep golden brown color, sear for 1 more minute and remove from pan. Hold on a plate near by (save the resting juices).**
- 4. Add your favorite vegetables and caramelize lightly, season with salt and pepper. Turn heat to medium and add garlic and onion. Cook until tender about 2 minutes.**
- 5. Deglaze bottom of pan with 1 cup of your favorite wine. Scrap bottom for flavor bits. Add chicken stock, butter, and fresh herbs. Add chicken and juices into the pan. Cover and simmer for 10-15 minutes.**
- 6. In a small bowl, combine the corn starch and water to make a slurry. This will help thicken your sauce. Add into pan last 2 mins of simmering and bring to a boil. Taste and season sauce again before serving. If you want a creamier sauce add 2 tablespoons of heavy cream. Garnish with fresh herbs and enjoy!**