



Cook Like a Rebel

Pan Roasted Chicken in Mustard Sauce with Rice Pilaf
& Charred Brussel Sprouts

with

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**HARRAH COLLEGE
OF HOSPITALITY**
Alumni Chapter

PAN ROASTED CHICKEN WITH WHOLE GRAIN MUSTARD SAUCE

INGREDIENTS

- Whole chicken, cut in half, skin on
- 1/2 cup white wine
- 1 cup chicken stock
- 1/3 cup heavy cream
- 3 tbsp whole grain mustard
- Salt and pepper to taste
- 2 cloves of garlic, crushed
- 1 sprig of thyme
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh tarragon, finely chopped
- 4 tbsp olive oil

METHOD

Chicken Cooking Method

1. Heat a sauté pan, large enough to hold the chicken, over high heat. When the pan is hot enough add 3 tbsp olive oil and swirl it around
2. Once the oil starts to lightly smoke, carefully add chicken, skin side down. Lay chicken away from you to prevent any splashes of oil
3. Sear chicken undisturbed while reducing the heat little by little to about medium heat. Let the skin get golden brown. This should take 7-10 minutes
4. Add in garlic and thyme sprig to the oil. This will impart the thyme and garlic flavors to the chicken, use a spoon to baste the chicken
5. Once the skin is brown and crispy, carefully turn the chicken over, skin side up. Cook skin side up for another 7-10 and continue to baste
6. Chicken is finished once it reaches 165 degrees F for 15 seconds or, if poked, the chicken's juices run clear. If not leave chicken in pan, turning in even increments of time
7. Remove chicken and let rest

METHOD

Sauce Cooking Method

1. Using the same sauté pan from the chicken, make sure it is still hot, remove excess amounts of oil but keeping drippings in pan
2. Add white wine and deglaze the pan. Once wine is reduced by half add chicken stock and heavy cream and bring to a simmer (little bubbles)
3. Add whole grain mustard and stir. Taste and adjust seasoning
4. Add finely chopped parsley and tarragon. Taste and adjust seasoning
5. Plate chicken adding a generous portion of sauce underneath chicken

RICE PILAF

INGREDIENTS

- 1 cup rice
- 1 cup chicken stock
- 1 shallot, medium diced
- 1 carrot, medium diced
- 1 celery, medium diced
- 2 tbsp olive oil

METHOD

1. Heat up a medium sauce pot that has a lid. Place olive oil in pan once it starts to get hot and add vegetables
2. Sweat the vegetables until the onions start to look translucent. You do not want to burn the vegetables you just want to sweat them and get all the aromatics from the mirepoix into the rice
3. Once the onions are translucent. Add rice and sauté giving the rice a nice toast
4. Add 1 cup of chicken stock and 1 cup water
5. Bring to a boil then let simmer with the lid on

CHARRED BRUSSEL SPROUTS

INGREDIENTS

- 1 large carrot, cut on a bias
- 1/2 lb brussel sprouts
- 2 tbsp olive oil
- 1/2 shallot, julienned
- Salt & pepper to taste

METHOD

1. While chicken is cooking, heat up another suate pan
2. Cut brussel sprouts in half and cut the carrot on a bias
3. Once pan is hot place olive oil in the pan swirl it around to coat
4. Put the brussel sprouts in pan, flat side down
5. We are going for a nice char. Add salt and pepper to taste while cooking
6. Once the brussel sprouts have a nice char on the flat side flip over and add carrots and shallots to the pan and sauté them.

PAN ROASTED CHICKEN WITH MUSTARD SAUCE, RICE PILAF & CHARRED BRUSSEL SPROUTS

Prep List

CHEF MARC'S SHOPPING LIST

- 1 whole chicken
- 2 large carrots
- 2 celery stalks
- 1/2 lb brussel sprouts
- 1 shallot
- Garlic
- Fresh parsley
- Fresh tarragon
- 1 pint heavy cream
- Whole grain mustard
- 16 fl oz chicken stock
- Rice
- Olive Oil
- White cooking wine

PREP LIST - THINGS THAT CAN BE DONE IN ADVANCE

- Measure out all ingredients
- Crush, finely chop, dice, and julienne ingredients as specified in recipe
- Cut chicken in half