

GRILLED CHICKEN BREAST WITH BUTTERMILK AND HERBS

In this recipe, thinly pounded boned chicken breasts are marinated in an aromatic mixture of buttermilk, red pepper, fennel, chervil, scallions and orange zest, then grilled to perfection over a charcoal fire.

INGREDIENTS:

- ☐ 1 cup buttermilk
- ☐ 1 teaspoon crushed red pepper
- ☐ ¼ cup chopped fresh fennel or celery
- ☐ 2 scallions, white part only, thinly sliced
- ☐ 2 tablespoons chopped fresh chervil or tarragon leaves
- ☐ 2 tablespoon finely grated orange zest
- ☐ 2 whole boneless, skinless chicken breasts, split
- ☐ 2 tablespoons virgin olive oil
- ☐ 1 cup chicken stock, reduced to ½ cup

INSTRUCTIONS: Combine the buttermilk, pepper, fennel, scallions, chervil and orange zest in a non-metallic dish large enough to hold all of the chicken breasts. Set aside.

Brush the chicken breasts with 1 tablespoon of the olive oil and pound between pieces of parchment or waxed paper until ½ inch thick.

Place the chicken in the buttermilk marinade and cover. Refrigerate for at least 2 hours or longer.

Remove the breasts from the marinade, letting excess drip back into the pan. Reserve marinade.

Brush a grill with the remaining olive oil.

Grill the chicken breasts about 4 inches from a hot fire for 4 minutes per side. Transfer to a serving platter.

While the chicken is grilling, heat the reduced stock.

Slowly add the reserved marinade to the pan, stirring continuously over low heat until sauce is lukewarm and lightly thickened. Do not allow the sauce get hotter than lukewarm.

Add any drippings from chick-