



CREAMY PARMESAN HERB CHICKEN MUSHROOM

INGREDIENTS

FOR THE SAUCE:

1 TABLESPOON MINCED GARLIC
1 TEASPOONS DRIED BASIL
1 TEASPOONS DRIED OREGANO
1½ CUPS EVAPORATED MILK
SALT AND PEPPER TO TASTE
TABLESPOONS OF EXTRA 2% MILK
2 TEASPOONS FRESH CHOPPED PARSLEY

FOR THE CHICKEN:

6 CHICKEN THIGHS
2-3 TEASPOONS GARLIC POWDER
SALT AND PEPPER

2 TEASPOONS FRESH CHOPPED PARSLEY
1/4 CUP FRESH CHOPPED PARSLEY(EXTRA)
400 G (14 OZ) CUPS SLICED MUSHROOMS (1½ CUPS)
1 TEASPOON CHICKEN BULLION POWDER (OR STOCK)
1 TABLESPOON CORNSTARCH (CORNFLOUR) MIXED WITH 2
TABLESPOONS OF EXTRA 2% MILK
3/4 CUP FRESH GRATED PARMESAN CHEESE, DIVIDED

DIRECTIONS

1. PREHEAT OVEN TO 400°F.
2. SEASON CHICKEN WITH GARLIC POWDER, SALT AND PEPPER.
3. HEAT COOKING OIL SPRAY IN A LARGE, NON STICK AND OVEN-PROOF SKILLET OVER MEDIUM-HIGH HEAT UNTIL HOT. SEAR CHICKEN THIGHS UNTIL GOLDEN AND CRISPY ON EACH SIDE (ABOUT 3-4 MINUTES EACH SIDE).
4. TRANSFER CHICKEN TO THE OVEN AND ROAST UNTIL COMPLETELY COOKED THROUGH, (ABOUT 25-30 MINUTES).
5. ONCE CHICKEN IS DONE, TRANSFER TO A WARM PLATE AND SET ASIDE. DRAIN SOME OF THE EXCESS FAT FROM THE SKILLET, RESERVING 2 TABLESPOONS FOR ADDED FLAVOUR.
6. RETURN SKILLET TO THE STOVE OVER MEDIUM-HIGH HEAT AND SAUTÉ THE GARLIC IN THE PAN JUICES UNTIL FRAGRANT (ABOUT 1 MINUTE). ADD THE MUSHROOMS, HERBS AND 2 TEASPOONS OF PARSLEY AND FRY UNTIL MUSHROOMS BEGIN TO SOFTEN.
7. REDUCE HEAT TO LOW-MEDIUM HEAT, ADD THE MILK (OR CREAM) AND BRING TO A GENTLE SIMMER, STIRRING OCCASIONALLY, AND BEING CAREFUL NOT TO BOIL. ADD IN THE BULLION POWDER AND SEASON WITH SALT AND PEPPER TO YOUR TASTE.
8. POUR THE MILK/CORNSTARCH MIXTURE TO THE CENTRE OF THE PAN, AND CONTINUE TO SIMMER WHILE QUICKLY STIRRING THE MIXTURE THROUGH UNTIL THE SAUCE THICKENS.
9. ADD 1/2 CUP OF PARMESAN CHEESE; ALLOW SAUCE TO SIMMER FOR A FURTHER MINUTE UNTIL CHEESE MELTS THROUGH THE SAUCE. ADD THE CHICKEN BACK INTO THE PAN AND ALLOW TO SIMMER FOR 1-2 MINUTES IN THE CREAM TO TAKE ON THE FLAVOURS.
TASTE TEST AND ADD EXTRA SALT OR PEPPER, IF DESIRED.
10. AT THIS POINT, ADD IN THE OPTIONAL ADD-INS, IF DESIRED. ALLOW SPINACH TO WILT (IF USING).
11. SPRINKLE WITH THE REMAINING 1/4 CUP OF PARSLEY AND 1/4 CUP PARMESAN CHEESE.
12. SERVE WITH STEAMED RICE, OVER STEAMED VEGETABLES OR PASTA.

 **Counterpart**
JASON BOURG
CTO & PARTNER

