

## **Josh Schimmel-Bristow - Lemon Chicken with Parslied Rice Pilaf**

This meal serves 4.

### **Lemon Chicken**

#### **Ingredients:**

1 cup heavy cream  
1 tbsp fresh lemon juice  
5 tbsp unsalted butter  
½ pound mushrooms, sliced, stemmed  
3 whole chicken breasts (about 1 pound each, skinned, boned, halved)  
Salt  
Freshly ground white pepper  
All purpose flour  
1 tbsp vegetable oil  
1 medium onion, halved  
1 cup chicken broth  
1 cup frozen peas, cooked  
2-3 tbsp minced fresh parsley

#### **Instructions:**

1. Mix cream and lemon juice, reserve.
2. Heat 3 tbsp butter in large skillet over medium high heat until foam subsides. Sauté mushrooms in butter, half at a time, until nicely browned, remove with slotted spoon, reserve.
3. Sprinkle chicken breasts with salt and pepper, dredge lightly with flour, shaking off excess. Add remaining 2 tbsp butter and the oil to skillet; heat until hot. Add onion halves, cut side down. Brown chicken over medium heat, about 5 minutes per side. Remove chicken from skillet. Remove and discard all but 1 tbsp of fat.
4. Add broth to skillet; heat to boiling; cook over high heat until reduced to 1/3 cup. Remove and discard onion. Reduce heat to medium; add reserved lemon-cream mixture. Cook, stirring frequently, until sauce is reduced to 1 ¼ cups. Return mushrooms and chicken to skillet; add ½ cup of peas. Simmer, spooning sauce over chicken, until chicken is heated through and no longer pink in center, 4 - 5 minutes. Garnish with remaining ½ cup of peas and the parsley.

## **Parslied Rice Pilaf**

### **Ingredients:**

2 tbsp unsalted butter  
1 small onion finely minced  
1/2 cups converted rice  
1 tsp salt  
1/8 tsp freshly ground white pepper  
3 cups chicken broth  
1 cup minced fresh parsley  
1-2 cloves garlic (very finely minced)  
2-4 tbsp unsalted butter

### **Instructions:**

1. Heat 2 tbsp butter in medium heavy saucepan. Add onion; cook over low heat, stirring frequently until soft, but not brown, about 5 minutes.
2. Add rice; stir to coat completely with butter. Stir in salt and pepper.
3. Add broth, heat to boiling; reduce heat. Simmer, covered, until rice is tender, 20 - 25 minutes.
4. Gently fold in parsley and, if desired, garlic and butter.