

# SEPTEMBER RECIPE

RECOMMENDED PAIRING: 2016 POGGIO LANDI 'CHIUSO DEL LUPO' BRUNELLO

## INGREDIENTS

### CHICKEN + BRINE

- 4 chicken breasts, boneless and skinless
- 1/4 cup (60ml) olive oil
- Juice from 1 lemon
- 1/2 cup (120ml) each: salt & sugar
- 2 cups (500ml) water
- 8 peppercorns
- 2 cloves garlic
- 2 large sprigs each: fresh thyme and oregano
- 2 bay leaves

### SALAD

- 1/3 cup (80ml) olive oil
- 1/4 cup (60ml) pine nuts
- 1 large clove garlic, peeled & minced
- Juice from 1 lemon
- 1 TBS (15ml) balsamic vinegar
- 4 cups (240 grams) arugula
- 1/4 cup (60ml) fresh basil leaves, coarsely chopped
- 1/4 cup (60ml) shaved Parmesan
- salt and pepper to taste

### TIME

- Prep time: 15 minutes + two hours for brining
- Grill time: 12-15 minutes



## GRILLED CHICKEN WITH ARUGULA SALAD

1. Place chicken breasts between two sheets of waxed paper and, using either a meat tenderizer or a rolling pin, pound the breasts until they are approximately one inch thick. Place in a non-reactive container large enough for brining. Cover & refrigerate until brining.
2. Combine salt, sugar, water, peppercorns, garlic, thyme, oregano, and bay leaves in a sauce pan and bring to a boil. Let simmer for 5 minutes. Remove from heat and add 10 ice cubes to cool brine to room temperature or colder. Brine can now be used or stored for up to 4 days in the refrigerator.
3. Submerge chicken breasts in the brine and refrigerate, covered, for 2 to 4 hours. Prepare your grill. When hot, rinse breasts under cold water, pat dry, and grill until just cooked, approximately 8 minutes on the first side and 6 minutes on the second. Do not overcook; remember meat continues cooking while resting.
4. Remove to a tray, drizzle with olive oil and squeeze lemon juice over. Stack the breasts, tent with tin foil, and let rest for 5 minutes and up to 2 hours.
5. Make the salad dressing by placing olive oil and pine nuts in a small pan over medium heat. Stir, add garlic and keep stirring until pine nuts turn golden brown. Remove from heat and place in a small bowl. Add lemon juice, balsamic, and a pinch of salt. Set aside until needed.
6. Slice chicken crossways into approximately one-inch slices. Arrange on the bottom of a serving platter. Pour accumulated juices over the chicken.
7. In a large bowl, toss arugula with basil and Parmesan. Add dressing and gently toss again; taste for salt and pepper. Arrange arugula over the chicken and serve.