

Pan-Seared Chicken Verjus

with Pearled Barley & Mushrooms à la Grecque

Verjus, from the French words for “green juice,” is a sweet and delectably tangy condiment that’s been popular in European cuisine since the Middle Ages. It’s simply the juice of grapes, pressed just before the fruit ripens. Delightfully tart and perfect for adding balance to stews and broths, verjus is making a gourmet comeback in American kitchens. We’re using it in a broth, adding crisp flavor to this classically-inspired dish.



Ingredients

- 2 Skin-On, Boneless Chicken Breasts
- $\frac{3}{4}$ Cup Pearled Barley
- 6 Ounces Cremini Mushrooms
- 3 Cloves Garlic
- 2 Carrots
- 2 Ounces Peeled Cipollini Onions
- 1 Bunch Swiss Chard
- 1 Bunch Thyme

Knick Knacks

- 3 Tablespoons Chicken Demi-Glace
- $\frac{1}{4}$ Cup Verjus

Makes 2 Servings
About 690 Calories Per Serving
Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/575

1



Cook the barley:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley**. Cook 25 to 27 minutes, or until tender. Remove from heat. Drain thoroughly and transfer to a large bowl.

2



Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Remove the chicken from the refrigerator to bring to room temperature. Quarter the mushrooms. Peel and thinly slice the garlic. Peel the carrots and cut into thin rounds. Separate the chard stems and leaves. Thinly slice the stems; roughly chop the leaves. Pick the thyme off the stems; discard the stems and roughly chop the leaves.

3



Cook the chicken:

While the barley continues to cook, pat the **chicken** dry with paper towels; season on both sides with salt and pepper. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the chicken, skin sides down. Cook 5 to 7 minutes per side, or until golden brown and cooked through (the juices should run clear). Transfer to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the cooked chicken with aluminum foil. Set aside.

4



Cook the chard & finish the barley:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **chard stems** and **half the garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **chard leaves** and **1/4 cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until wilted. Transfer to the bowl of barley. Drizzle with olive oil and toss to coat. Season with salt and pepper to taste. Wipe out the pan.

5



Cook the vegetables:

In the same pan used to cook the chard, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** and **onions**. Cook, stirring occasionally, 4 to 6 minutes, or until the mushrooms are browned and the onions are tender. Add the **carrots**, **thyme** and **remaining garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the carrots are slightly tender.

6



Finish & plate your dish:

Add the **chicken demi-glace**, **verjus** and **1 cup of water** to the pan of vegetables. Cook, stirring occasionally, 3 to 5 minutes, or until slightly reduced. Add the **cooked chicken**; cook, occasionally spooning the broth over it, 1 to 2 minutes, or until heated through. Remove from heat. Transfer the chicken to a clean work surface. Slice the rested chicken crosswise. Divide the **finished barley** between two bowls. Top with the **cooked vegetables**, **sliced chicken** and **verjus broth**. Enjoy!