

Pan-Roasted Chicken

with Saba-Grape Sauce, Roasted Fennel & Sunchokes

In this recipe, you'll be using an ingredient that hails from Ancient Rome. Saba is the juice from the first pressing of wine grapes. Also called "must" (one of the ingredients in the first mustards), this juice is boiled down and concentrated into an intensely flavorful, almost syrupy condiment called "sapa," or saba. Its bright sweetness is the perfect complement to fresh, tart grapes, autumnal vegetables and delicious, crispy chicken.



Ingredients

- 2 Airline Chicken Breasts
- 4 Ounces Black Grapes
- 1 Fennel Bulb With Fronds
- 1 Lemon
- 10 Ounces Purple Top Turnip
- 1 Red Onion
- ½ Pound Sunchokes
- 1 Bunch Rosemary

Knick Knacks

- 2 Tablespoons Butter
- 1 Tablespoon Saba

Makes 2 Servings

About 690 Calories Per Serving

Cooking Time: 35 to 45 Minutes



1



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Halve the grapes lengthwise. Pick a few fennel fronds off the stalks; mince the fronds. Separate the fennel bulb and stems; discard the stems. Halve the fennel bulb lengthwise. Remove and discard the core; large dice the bulb. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Cut off and discard the ends of the turnip; peel and small dice the turnip. Peel and cut the onion into thin wedges. Small dice the sunchokes. Pick the rosemary leaves off the stems; discard the stems and finely chop the leaves.

2



Roast the vegetables:

Place the **fennel bulb**, **diced turnip**, **onion**, **sunchokes** and **rosemary** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 26 to 28 minutes, or until browned and tender. Remove from the oven. Squeeze **the juice of all 4 lemon wedges** onto the **roasted vegetables**. Season with salt and pepper to taste; toss to thoroughly coat.

3



Cook the chicken:

While the vegetables roast, season the **chicken** with salt and pepper on both sides. In a medium pan, heat 2 teaspoons of olive oil on medium until hot. Add the seasoned chicken, skin side down first. Cook, loosely covering the pan with aluminum foil, 6 to 8 minutes per side, or until the skin is browned and the chicken is cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the chicken with aluminum foil.

4



Make the saba-grape sauce:

Heat the pan of reserved fond on medium until hot. Add the **grapes**, **lemon zest**, **saba** and **¼ cup of water**. Cook, stirring occasionally, 4 to 5 minutes, or until the liquid has reduced and the grapes have softened. Turn off the heat and stir in the **butter**; season with salt and pepper to taste.

5



Plate your dish:

Divide the **roasted vegetables** between 2 plates. Top each with a piece of **chicken** and a few spoonfuls of the **saba-grape sauce**. Garnish with the **fennel fronds**. Enjoy!