

Chicken Charlemagne

with Roasted Root Vegetables & Parsnip-Potato Mash

In this dish, you'll use a special ingredient to deglaze the pan and create a delicious, silky pan sauce: demi glace. Our demi-glace comes from Bonewerks, an incredible company based in Wisconsin. Bonewerks starts by roasting chicken bones. The bones are then simmered with fresh mirepoix and herbs to create a stock. Then the magic happens. The stock is reduced to the thick, rich product you'll see here. The process takes 24 hours, and the results are astounding. A special thank you to Bonewerks for their dedication to great products and for helping this dish live up to its regal moniker.



Ingredients

- 2 Airline Chicken Breasts
- 2 Ounces Brussels Sprouts
- 2 Carrots
- 3 ½ Ounces Parsnips
- 8 Ounces Purple Top Turnip
- 1 Russet Potato
- 1 Large Bunch Sage

Knick Knacks

- 3 Tablespoons Chicken Demi-Glace
- 2 Tablespoons Butter
- 1 Tablespoon Apple Cider Vinegar
- 1 Teaspoon Charlemagne Spice Blend
(Ground Mustard, Black Mustard Seeds & Ground Bay Leaf)

Makes 2 Servings

About 680 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Remove the chicken from the refrigerator to bring to room temperature. Trim off and discard the root ends of the Brussels sprouts; halve the sprouts lengthwise. Peel and large dice the carrots, parsnips, turnip and potato. Pick the sage leaves off the stems; discard the stems.

2



Roast the vegetables:

Place the **Brussels sprouts**, **carrots** and **turnip** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss thoroughly to coat. Arrange the seasoned vegetables in a single, even layer. Roast 26 to 28 minutes, or until the vegetables are tender and slightly browned.

3



Make the parsnip-potato mash:

While the vegetables roast, add the **parsnip** and **potato** to the pot of boiling water. Cook 18 to 20 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Add the **half the butter** and season with salt and pepper. Using a fork, mash to your desired consistency. Set aside in a warm place.

4



Crisp the sage leaves:

While the parsnips and potato cook, in a medium pan (nonstick if you have one), heat **2 tablespoons of olive oil** on medium-high until hot. Add the **sage leaves**. Cook, flipping occasionally, 1 to 2 minutes, or until the leaves are crispy and fragrant. Using a slotted spoon or spatula, transfer the crispy sage leaves to a paper towel-lined plate and season immediately with salt and pepper. Carefully discard half the oil, leaving the remaining half in the pan.

5



Cook the chicken:

While the vegetables continue to roast, season the **chicken** with salt and pepper on both sides. Heat the pan of reserved sage-frying 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 (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 and set aside in a warm place.

6



Make the pan sauce & plate your dish:

Heat the pan of reserved fond on medium until hot. Add the **chicken demi-glaze**, **apple cider vinegar**, **spice blend** and **¼ cup of water**. Cook, stirring frequently, 1 to 2 minutes, or until slightly reduced in volume. Add the **remaining butter** and cook, stirring occasionally, 1 to 2 minutes, or until the butter has melted. Season with salt and pepper to taste and remove from heat. To plate your dish, divide the **parsnip-potato mash** and **roasted vegetables** between 2 plates. Top each with a piece of **chicken** and some of the **pan sauce**. Garnish with the **crispy sage leaves**. Enjoy!