

# *Chefs A' Field*

*Culinary Adventures That Begin on the Farm*



## **CAMPO LINDO CHICKEN BREAST WITH FARM VEGETABLE SALAD AND SOUR CHERRIES** BY CHEF DEBBIE GOLD OF 40 SARDINES RESTAURANT

1 whole Campo Lindo Chicken (or any chicken from a local farmer)  
1 cup locally-grown sour cherries, remove stems  
1 ½ cups ruby port  
12 spears asparagus, peeled  
3 bulb onions, thinly sliced  
1 clove garlic, minced  
3 tablespoons roasted chicken stock  
4 sprigs fresh thyme, pick leaves and discard stems  
1 sprig fresh tarragon, leaves picked  
¼ cup olive oil  
Salt and pepper to taste

**CHERRY PORT SAUCE** Place sour cherries in a small sauce pot. Cover with port and let port reduce around cherries until it has a syrup consistency, about 10 minutes. Strain port from cherries and set aside.

**ASPARAGUS & ONIONS** Fill a 4 quart stainless steel pot with water and bring to a boil. Add 2 tablespoons kosher salt and quickly poach sliced bulb onions. Next, blanch asparagus for 7 minutes. Remove and place in an ice water bath. Remove from water and drain.

**CHICKEN** Remove breast from whole chicken and save the remaining chicken for another meal. Heat a small sauté pan over high heat and add 2 tablespoons olive oil. Season both sides of chicken breast with salt and pepper. Lower heat to medium and sear chicken skin side down first. Let chicken cook 4-5 minutes until the skin is golden and crispy. Turn chicken over and cook until chicken breast is thoroughly cooked.

**FINISHING TOUCHES** Heat another small sauté pan and add 1 tablespoon olive oil. Add garlic and sauté for 30 seconds. Add asparagus, bulb onions, and cherries. Sauté without browning for about 1 minute until vegetables and cherries are warm. Add thyme and tarragon. Season with salt and pepper.

Place reduced port in a small sauce pot and add 2-3 tablespoons of roasted chicken stock and heat. Season with salt and pepper.

**TO SERVE** To serve, place chicken breast on plate. Place asparagus and cherry salad next to chicken breast and drizzle with reduced port.

*Courtesy of Chefs A' Field.*