

# **PLANK COOKING**

by JOHN HOWIE

## **Garlic Chicken Dijon – Serves 2**

2 each      Chicken Breast – 10 oz. double-sided, boneless, skinless  
½ cup      Garlic-Dijon Baste – recipe follows  
½ cup      Parmigiano Crumbs – recipe follows  
⅛ tsp.      Salt  
⅛ tsp.      Black Pepper – fresh ground

## **Garlic-Dijon Baste – Yield ½ Cup**

4 Tbsp.     Dijon Mustard  
½ tsp.      Garlic – fresh, minced

### **GARLIC-DIJON BASTE PROCEDURE:**

1. Mix ingredients together well, hold refrigerated until needed.

## **Parmesan Crumbs – Yield ½ Cup**

½ cup      Bread Crumbs – coarse  
2 Tbsp.     Butter – whole, salted  
2 Tbsp.     Parmigiano Reggiano – grated  
2 tsp.      Parsley – fresh, minced

### **PARMESAN CRUMBS PROCEDURE:**

1. Melt butter in a sauté pan. Add the bread crumbs, toss until well coated. Cool to room temperature. Add the Parmesan cheese and parsley. Mix together well. Hold at room temperature until needed.

### **COOKING PROCEDURE:**

1. Pre-heat oven to 375°. Season each breast with the salt and pepper, place on the plank. Place the plank in the oven and cook for 6-7 minutes.
2. Remove from the oven and turn the breasts over. Baste each breast with 2 Tbsp. of Garlic-Dijon baste. Coat the top of each breast with ¼ cup of Parmesan crumbs.
3. Return to the oven and cook for 15-18 minutes or until breading has a golden brown color and the breasts reach an internal temperature of 145°.
4. Remove from the oven and serve. Very nice with a rice pilaf and roasted broccoli rabe.