

# **PLANK COOKING**

by JOHN HOWIE

## **Plank Roasted Pesto Stuffed Chicken Breast – Serves 2**

2 each	Boneless 8 oz. Chicken Breasts
4 Tbsp.	Basil Pesto – recipe follows
1 tsp.	Salt
½ tsp.	Pepper
1 ½ cups	Wild Mushrooms – Chanterelle, or Hedge Hog, cut into 1” pieces
2 Tbsp.	Olive Oil
1 Tbsp.	Lemon Juice – fresh
1 tsp.	Garlic – fresh, minced

### **Pesto – Yield 1 Cup (left over pesto can be used for pasta)**

½ cup	Basil – fresh, chopped
2 Tbsp.	Parsley – fresh, chopped
1 Tbsp.	Garlic – fresh, minced
¼ cup	Parmesan Cheese
2 Tbsp.	Butter – salted
¼ cup	Pine nuts – toasted
1 tsp.	Salt
½ tsp.	White Pepper – ground
¼ cup	Olive Oil

#### **PESTO PROCEDURE:**

1. Place all ingredients into a food processor, blend until pureed. Hold refrigerated until needed.

#### **PESTO STUFFED CHICKEN BREAST PROCEDURE:**

1. Loosen the skin of the chicken, but don't remove. Place 2 Tbsp. of pesto under the skin of each breast. Spread around under the skin.
2. Season the meat side of the breasts with half of the salt and pepper. Pre-heat the oven to 350°. Place the chicken breast on the plank skin side down, place in the oven and let roast for 8-10 minutes. Remove from the oven; turn over so the skin side is up.
3. Toss the mushrooms in the olive oil, lemon juice, and the remaining salt and pepper until completely coated. Place around the outside of the chicken on the plank and return to the oven. Roast for 12-16 minutes or until an internal temperature of 140-145° is achieved. Serve.