



SEARED CHICKEN BREAST WITH WHITE WINE PAN SAUCE

- 2 each Large chicken breasts sliced in half lengthways
- 3 tbs Olive oil divided
- $\frac{3}{4}$ tsp Garlic powder
- $\frac{3}{4}$ tsp Smoked paprika
- $\frac{3}{4}$ tsp Onion powder
- $\frac{3}{4}$ tsp Oregano
- $\frac{3}{4}$ tsp Salt
- $\frac{1}{4}$ tsp Black pepper
- $\frac{1}{4}$ tsp Cayenne
- 3 tbs Butter, divided
- $\frac{1}{4}$ cup All purpose flour
- 1 each Shallot, minced
- 1 cup White wine
- 1 cup Chicken stock
- 3 each Fresh thyme sprigs

DIRECTIONS

1. If your chicken breasts are larger, slice them in half to create 4 thinner chicken breasts, then pat them dry with a paper towel. Brush 1 tablespoon of olive oil over the chicken.
2. In a small bowl, add flour and all the seasonings, stir together. Take chicken breast and dredge in seasoned flour mixture.
3. Pour the remaining olive oil in a large, deep skillet or a cast iron skillet and heat it over medium-high heat. Once hot, add the chicken smooth side down and cook the chicken for 5 minutes. Use tongs to flip the chicken over, then reduce the heat to medium and cook the chicken for 2-5 minutes.
NOTE: cook times vary depending on thickness of the chicken; always use a meat thermometer to confirm the internal temperature.

FOR THE SAUCE

1. Remove chicken and set aside.
2. Add 2tbs butter, shallot, and thyme sprigs to the skillet, sauté for one minute.
3. Add white wine and chicken stock, bring to boil to reduce by half.
4. Add the remaining tablespoon of butter to finish pan sauce.
5. Spoon sauce over chicken breast and enjoy!



PEAR MARTINI COCKTAIL

Simple Syrup:

- 2 diced Bartlett pears (no need to peel the skin)
- 1/2 cup vanilla syrup, [here](#) is an option for your reference
- 1/2 cup sugar
- 1/2 cup water

Cocktail:

- 2 ounces pear vanilla simple syrup (4 tbsps)
- 1.5 ounces vodka (3 tbsps)
- .5 ounces lemon juice (1 tbsp)
- 1/2 cup soda water
- Ice

Vanilla Sugar Rim:

- vanilla powder, [here](#) is an option for your reference
- sugar

DIRECTIONS

Pear Vanilla Syrup

1. Place diced pears, vanilla syrup, sugar, and water in a sauce pan and bring to a boil. Reduce heat and let simmer for 10 minutes. The liquid should start to thicken and turn a light amber color.
2. Strain liquid into container. Press on the pears with a large spoon to squeeze out extra liquid. Discard the smashed pears.
3. Let the syrup liquid cool.

Cocktail

1. Dip the rim of the cocktail glass in small plate of lemon juice.
2. Dip the wetted rim in another small plate of combined vanilla powder and sugar, twisting glass to coat the entire rim.
3. Add cooled pear vanilla syrup, vodka, lemon juice, and a few pieces of ice into a jar with a lid and shake.
4. Pour mixture into a vanilla sugar rimmed glass with ice and top with soda water.
5. Garnish with a thinly sliced pear.

NOTES

A few modifications can really spice up this cocktail. If you are looking for a spiced version of this cocktail here are some simple twists to try. Replace bourbon for the vodka, use ginger beer in place of soda water, or swap orange bitters instead of lemon juice. Lastly, you can create a "spiced" pear vanilla syrup by adding a few spices to your saucepan like two 1 inch pieces of fresh ginger, two cinnamon sticks, and a few whole cloves.



ROASTED BRUSSEL SPROUTS

- 1½ pounds Brussels sprouts, halved, stems and ragged outer leaves removed*
- 3 tbs extra virgin olive oil, divided
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 tbs balsamic vinegar, divided
- 2 tbs honey, divided
- 1 tbs Montreal Steak seasoning

DIRECTIONS

1. Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.
2. Directly on the prepared baking sheet, toss the Brussels sprouts with 2 tablespoons of oil, the salt, the pepper, Montreal steak seasoning, half the amount of honey and balsamic vinegar. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
3. Drizzle the remaining tablespoon of oil, balsamic vinegar and the honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.