

# Chef from the Hood Recipes

**Chef:**

Dan Berman, Pacific Market's Culinary Director

**Restaurant:**

What's Cooking at Fiesta & Pacific Markets

**Recipe:**

Chicken marinated in Meyer Lemon & fresh Herbs & served with a drizzle of housemade Fennel Oil!



## Chicken marinated in Meyer Lemon & fresh Herbs and served with a drizzle of housemade Fennel Oil!

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Lemony herb chicken is classic comfort food that's easy to make. With a delicious drizzle of Dan's housemade fennel oil, this all-time classic becomes fancy enough for company. Serves 4.

**Ingredients:**

- 4 whole chicken breasts, halved, skinned & boned (ask butcher to prep Fulton Valley Farms)
- 2 cups fresh lemon juice, (Meyer preferred)
- 1 teaspoon each of these chopped fresh herbs: parsley, chives, basil, tarragon & chervil
- 2 tablespoons chopped cilantro
- 2 tablespoons sweet butter (Clover)
- 1 1/4 cups extra virgin olive oil (DaVero)
- Sea salt (Sea Star) & fresh ground black pepper
- fennel oil (to drizzle over chicken)

**To prepare:**

Combine chicken, lemon juice and chopped herbs in a deep bowl. Turn chicken to coat and marinate 10 minutes. Drain chicken, reserving marinade.

Melt butter in a large sauté pan over medium-high heat. Add chicken and sauté until firm and cooked through but still tender to the touch (4 to 6 minutes per side). Remove from pan and season with salt & pepper. Using a wire whisk, deglaze pan with 1 & 1/4 cups of the leftover marinade over low heat. Whisk in olive oil and bring to a boil.

**To plate:**

Pour sauce over cooked chicken, then add a drizzle of fennel oil to taste. Enjoy!

## Fennel Oil (makes 2 cups)

**Ingredients:**

- 3 tablespoons ground fennel
- 1 tablespoon water
- 2 cups canola oil (Spectrum)

**Supplies:**

- 1 wide mouth jar with tight fitting lid
- cheesecloth or coffee filter

**To prepare:**

Mix ground fennel with water to a smooth, stiff paste. If paste is very dry, add a bit more water, until it is the consistency of ketchup (not too liquid). Put paste in jar, add oil, cover tightly and shake with gusto. Set jar on a shelf for 2 days. Shaking the jar occasionally will increase the strength of the oil. The spice particles will slowly settle to the bottom of the jar.

After 2 days, remove the oil that has risen above the solids with a small ladle, being careful not to disturb the solids at the bottom of the jar. Discard the solids that remain in the jar.

Use a paper towel to wipe out the jar (not water) if you want to store your fennel oil in this same jar. Filter the oil you removed from the jar by pouring it thorough a paper coffee filter or a double thickness of fine mesh cheesecloth. Store filtered oil, tightly covered, in the refrigerator or at room temperature for up to a few months.