



Gorgonzola Pear Chicken Salad

by JUDY KIM

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YIELDS: 4

TOTAL TIME: 0HOURS 25MINS

INGREDIENTS

10 oz. arugula
1 Garlic clove, minced
1 tbsp. Dijon mustard
1/4 c. cider vinegar
kosher salt
Freshly ground black pepper
1/2 c. extra-virgin olive oil
2 c. panko breadcrumbs
2 eggs
2 c. flour
4 chicken breasts, pounded to 1/2-inch thickness
2 tbsp. butter
2 pears, cored and sliced
2 oz. blue cheese, crumbled
1 c. pecans

DIRECTIONS

- 1 Wash arugula and chill before serving. Meanwhile, in a small jar, combine garlic, mustard, vinegar, 1 tsp. salt, 1/2 tsp. pepper and oil. Shake vigorously and keep in fridge till ready to serve.
- 2 Prepare station to bread chicken cutlets using 3 medium bowls. One bowl for breadcrumbs, another bowl for mixture of eggs and 1 tbsp. water, and one bowl

for flour. Season chicken generously with salt and pepper. Add each piece of chicken to flour till fully coated and shake off excess, then dip into egg mixture and lastly coat in breadcrumbs. Repeat steps for each chicken cutlet and set aside.

- 3** In a large skillet, heat 1 tbsp. butter and 1 tbsp. olive oil over medium-high heat. Add 2 pieces of chicken and fry till golden brown, 3 to 4 minutes per side. Place on plate lined with paper towels and immediately season with salt and pepper while it's still warm. Add another tbsp. butter and olive oil and repeat for last two pieces of chicken. Let chicken rest for 5 minutes and then slice into 1/2 pieces.
- 4** In a large platter, arrange salad with bed of arugula, pears, blue cheese and pecans. Top with slices of chicken and drizzle with dressing.

JUDY KIM

Judy Kim is a New York based food stylist, recipe developer, culinary producer and creative consultant.