BLUESTAR®
Unleash Your Inner Chef®



SPRING ENTERTAINING WITH CHEF MICHAEL SYMON

Roasted 1/2 Chicken with Shaved Asparagus Salad



Ingredients:

- 2 T Olive oil
- Kosher salt
- Freshly ground black pepper
- 1/2 chicken, boned out but wing tip attached (each half weighed a little more than a pound after being boned out)
- 2 T unsalted butter
- 1 T chopped fresh tarragon
- 2 T sherry vinegar

Directions:

- Preheat your oven to 425 degrees F.
- Season your chicken on both sides with salt and pepper.
- Place a large saute pan or cast iron pan over medium high heat. Add the olive oil. Add the chicken skin side down and cook until golden brown and crisp, 5 minutes.
- Flip the chicken then drain the excess oil out of the pan and place it in the oven. Roast until golden brown and just cooked through, about 15 minutes. Remove from the oven and place on a cutting board. Tent with foil and let the chicken rest for 5 minutes before slicing it.
- While the chicken is resting, place the pan it was cooked in over medium high heat. Add the butter and cook, stirring occasionally until brown, bubbly and nutty smelling, 1 – 2 minutes. As this process is happening, scrape the brown bits off the bottom of the pan. Next add the tarragon, toasting it for a few seconds before adding the sherry vinegar. Swirl the pan around to incorporate the sauce then spoon over the chicken. Serve immediately with some shaved asparagus salad on top.