

Plank Roasted Honey Mustard Chicken - Serves 4

4 each Chicken Breast – boneless, skin on

6 Tbsp. Honey-Dijon Vinaigrette – recipe follows

1 tsp. Salt

½ tsp. Black Pepper – ground 8 oz. wt. Broccoli Rabe – blanched

8 oz. wt. New Red Potatoes – blanched, cut in half

8 oz. wt. Cauliflower Florettes – blanched

6 Tbsp. Stone Ground Mustard Oil – recipe follows

CHICKEN BREAST PROCEDURE:

- 1. Pre-heat oven to 400°. Loosen the skin from the chicken breast. Place $1 \frac{1}{2}$ tsp. of Honey-Dijon Vinaigrette under the skin and lightly press into the meat.
- 2. Season the meat side of the breast with salt and pepper. Baste ½ tsp. of Honey-Dijon vinaigrette on the seasoned side of the breast. Using two large planks, place the breasts on the planks skin side down, two breasts to a plank. Toss the potato halves in the Stone Ground Mustard Oil, season with salt and pepper. Place the potatoes around the outer edges of the chicken breast.
- 3. Place the planks in the oven on the middle to upper rack to avoid charring. (*Be careful when cooking at temperatures above 375° be sure to keep the plank on upper racks, let the oven reheat before returning planks to the oven after turning or basting.) Let cook for 12 minutes. Remove from the oven.
- 4. Turn the breasts over and baste the skin side with the remaining Honey-Dijon Vinaigrette. Toss the broccoli rabe and cauliflower florettes in the remaining Stone Ground Mustard Oil, season with salt and pepper. Place the florettes around the exterior of the chicken breasts.
- 5. Return the planks to the oven and cook for 16-18 minutes, or until the chicken skin is golden brown and the internal temperature of the chicken is 140-145°. Remove from the oven and serve.



Honey-Dijon Vinaigrette

1 Tbsp. Shallots – fresh, minced ½ tsp. Tarragon – dried, whole 1½ tsp. White Wine Vinegar 2 Tbsp. + 1 tsp. Mustard – Dijon

2 Tbsp. Honey

HONEY-DIJON VINAIGRETTE PROCEDURE:

1. Place the tarragon in the vinegar until moist. When moist, place all of the ingredients in a food processor. Blend until emulsified. Hold refrigerated until needed.

Stone Ground Mustard Oil

1 Tbsp. Stone Ground Mustard1 Tbsp. Parsley – fresh, minced

4 Tbsp. Olive Oil

STONE GROUND MUSTARD OIL PROCEDURE:

1. Mix all ingredients together until blended. Hold refrigerated until needed.