

CHICKEN OSCAR

CHRISTIAN COLLINS, MASTERCHEF SEASON 2
MAKES 4 SERVINGS.

- 4 skinless, boneless chicken breast halves, butterflied
- Salt and black pepper
- 1 tablespoon olive oil

BÉARNAISE

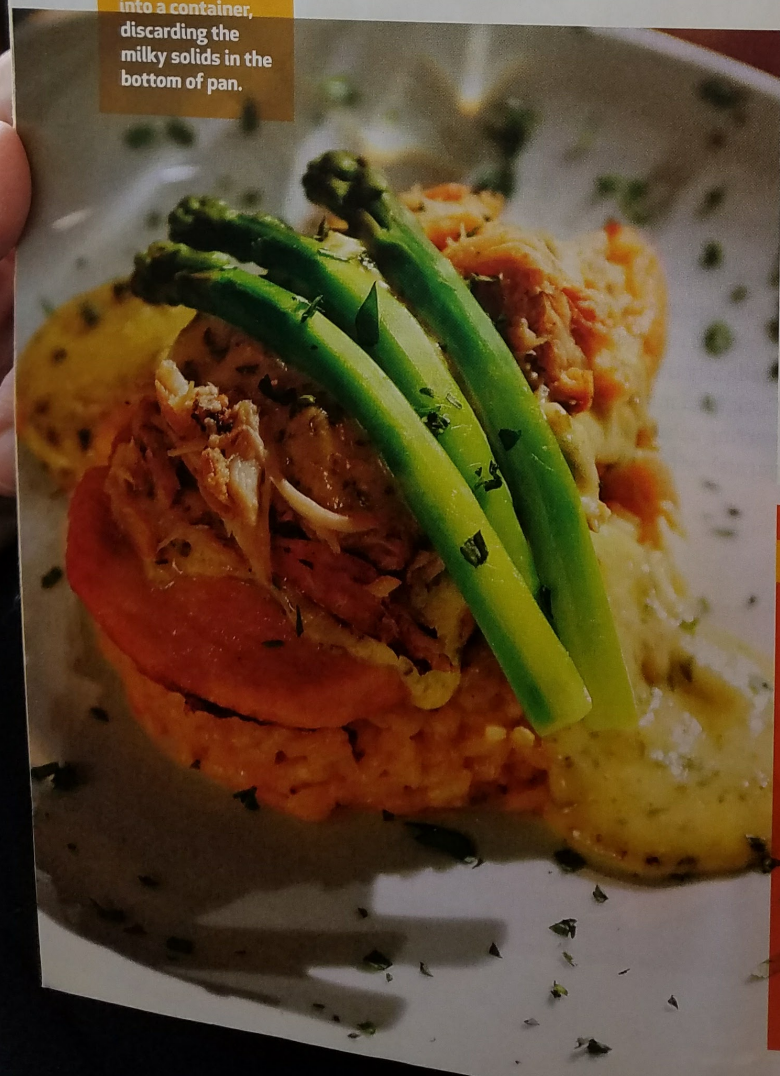
- ¼ cup white vinegar
- ¼ cup dry white wine
- 1 tablespoon finely chopped shallot
- 1 tablespoon finely chopped fresh tarragon
- 3 egg yolks
- ½ cup butter, clarified

RISOTTO

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cups Arborio rice
- ½ cup dry white wine
- 4 cups chicken stock, warmed
- Salt and black pepper
- 1 bunch (12 spears) fresh asparagus, peeled
- Salt and black pepper
- 2 cans (6 ounces each) lump crabmeat
- Chicken stock, warmed
- Finely chopped fresh tarragon, for garnish



To clarify butter, place the butter in a heavy saucepan and melt slowly over low heat. Remove the pan from the heat and let stand for 5 minutes. Skim the foam from the top and slowly pour into a container, discarding the milky solids in the bottom of pan.



1. Season chicken with salt and pepper. In a large skillet heat the 1 tablespoon oil over medium-high heat. Add chicken; reduce heat to medium. Cook for 4 to 6 minutes on each side or until a meat thermometer reads 170°F and juices run clear. Remove from heat and keep warm.

2. For béarnaise, in a small saucepan combine vinegar, the ¼ cup wine, shallot, and the 1 tablespoon tarragon. Bring to a boil; reduce heat. Boil gently, uncovered, until mixture is reduced to 2 tablespoons. Remove from heat. In a small bowl beat egg yolks with a whisk until creamy. Whisk in vinegar mixture. Gradually add the clarified butter in a thin stream, whisking rapidly until sauce is slightly thickened.

3. For risotto, in a large saucepan heat the 2 tablespoons oil over medium heat. Add onion; reduce heat to low. Cook, covered, until onion is translucent, stirring occasionally. Add uncooked rice; cook and stir over medium-high heat until rice is toasted and smells nutty. Add the ½ cup wine; cook until wine is absorbed. Gradually add the 4 cups warm chicken stock, one ladle at a time, and continue to cook until stock is absorbed, stirring constantly. Season with salt and pepper. Remove from the heat and keep warm.

4. In a large skillet cook the asparagus in boiling water for 2 to 4 minutes or until just tender; drain. Quickly plunge asparagus into ice water; drain again. Season with salt and pepper and set aside.

5. In a medium bowl combine crabmeat and enough additional warm chicken stock to cover. Let stand until crabmeat is warmed. Use a slotted spoon to remove crabmeat; discard chicken stock (or reserve for another use).

6. To serve, place risotto on plates; add chicken and crabmeat. Drizzle with béarnaise and top with asparagus. Garnish with additional tarragon.

TO TAKE CHICKEN TO THE NEXT LEVEL, YOU SHOULD WRAP THE WHOLE THING IN BACON AND ROAST IT IN THE OVEN!!

—Christian Collins



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