

Saturday, February 20, 2021

TUSCAN CHICKEN on NAAN BREAD

It's always a pleasure to greet familiar faces to our classes. Always informative, fabulous fellowship, amazing food! Thank you, Debbie, for providing yet another delicious adventure!



Whole Grain Naan Flatbread

By: Debbie Deitz of Wholy Homemade

Makes 6

2/3 C milk, warmed to 100*	2 C bread flour
1 rounded t yeast	1 t sugar
1 t salt	4 T butter, melted and divided in half
2 T yogurt, plain or sour cream	

1. Mix together warmed milk, yeast and sugar allowing to sit for 10 minutes (enough time to active yeast and get it all happy)
2. Add in flour, salt, half the butter, and the yogurt...mixing/kneading until a soft smooth and elastic ball forms.
3. Cover and allow to rest until doubled (maybe 30-60 minutes).
4. Punch down dough and divide into 6 balls.
5. Roll out into 8" rounds, or rectangular shape (for folded sandwich).
6. Heat cast iron skillet over low-medium heat until evenly hot.
7. Place one naan round onto skillet and cook until bread starts to puff and brown hot spots form on bottom. Flip and "cook" until brown hot spots form and bread again puffs (about 2 minutes each side).
8. Remove from skillet and brush with remaining butter.
9. Cover and serve warm.

Rich Egg Mayonnaise

By: Debbie Deitz of Wholy Homemade

2 egg yolks (I prefer this over whole egg options)
2 T lemon juice
1/2 t dry mustard powder
1/2 t salt (experiment with smoked varieties)
1 C sunflower, safflower or olive oil

1. Place egg yolks, lemon juice, salt and mustard into an immersion blender safe bowl.
2. Blend ingredients together until incorporated.
3. Slowly, 1 T at a time, start adding your oil while “whisking” the mixture until you’ve added all oil and the mixture is thick and creamy. (Add your oil slowly, otherwise your mayonnaise will “break” and your emulsification will fail.)

Tuscan Chicken

By: Debbie Deitz of Wholy Homemade

I love a good grilled boneless chicken breast or tender that is then sliced and made Tuscan Style into a sandwich or wrap...here’s my version.

1. Pound or roll out 2 *Boneless Chicken Breast or Tenders* until thin.
2. Mix together and then pat into chicken:
1/2 t garlic powder
1/2 t salt
1/2 t dried oregano
1/2 t pepper, fresh ground
3. Preheat grill (or griddle).
4. Mix together and set aside:
1/4 C homemade egg yolk mayonnaise
1 T pesto (homemade or jarred)
5. Grill chicken and when done, place *1 Slice Provolone (or 2 T shredded Mozzarella)* cheese to melt.
6. Transfer chicken to plate to allow to rest for 2-3 minutes while preparing bread.
7. Heat/toast chosen *bread* (I like Naan or Ciabatta for two different flavors/textures).
8. Spread bread with the pesto mayonnaise sauce (generously).
9. Add *a few leaves of Fresh Spinach*.
10. Place chicken/cheese on top of the spinach.
11. Add *Roasted Red Peppers (or Sautéed Red Peppers and Sweet Onions)*.
12. Sprinkle with *Parmesan Cheese*.

Enjoy.

Visit Our Granary...

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