

MINUS8



How to cook chicken, deglaze a pan, and make a pan sauce in minutes!

Yield: 2-4 servings

Ingredients

2 chicken breasts or thighs

1/2 teaspoon kosher salt

1/8 - 1/4 teaspoon freshly ground black pepper

1/2 cup all purpose flour, brown rice flour will work as well

1 tablespoon olive oil

1/2 cup Minus 8 Vinegar

1 tablespoon butter

Directions

Heat a heavy bottomed stainless steel skillet over medium to medium high heat. Test the temperature by flicking a few drops of water at the pan, if they dance across the surface and evaporate, the pan is ready. Add the oil and let it warm for a minute. If it begins to smoke, the pan is too hot, reduce the heat slightly before adding the chicken.

While the pan is heating, pat your chicken with a paper towel to dry it slightly. Sprinkle the chicken generously with salt and pepper. Place the flour in a small flat bottomed bowl or plate and lightly dredge the chicken through it on all sides. Carefully set the coated chicken in the hot pan and then resist the urge to touch it for at least 3 minutes. Use a set of tongs to check and see if the chicken has browned, give it another minute or so if it isn't brown yet. Turn the chicken over and repeat. Place the cooked chicken on a waiting plate and lightly tent it with foil to keep it warm.

Leave the pan with the little roasted bits of meat (this is called the "fond" - pronounced "fahn") on the stove and slowly add the Minus 8

Vinegar. Stir the vinegar with a heat-proof spatula, scraping the bottom and sides of the pan as you bring the vinegar to a simmer. When the bottom of the pan is smooth, increase the heat slightly and simmer for a few minutes, just until the sauce has reduced and thickened by about half.

You will be able to run your spatula through the liquid and leave a wide trail when it is almost done. Remove it from the stove and test by tipping the pan and using a spoon to drizzle a bit of the vinegar across the bare side of the pan. You want to see a line or drips like you would on a plated dish at a restaurant. (You can see a drizzle in my photos, but don't judge me for it. I don't claim to be a fancy food stylist!) Add the butter to the pan and swirl to melt it. Taste the sauce and adjust the salt as needed. When the sauce is finished, plate your meat and drizzle with sauce. Enjoy!