



Recipes

PROGRAM 4 - SEGMENT 4

Pete's Café & Bar

ROAST CHICKEN

Serves 1

INGREDIENTS

1 Each 8 oz Airline Chicken Breast
2 TBSP Olive Oil
Pinch Salt
Pinch Pepper

METHOD

Preheat oven to 400 degrees. Heat medium sauté pan, till almost smoky, put in olive oil.

Season chicken with salt and pepper, and place in sauté pan skin side down and let cook until it begins to brown. Once it starts to brown finish it in the oven skin side down, let it bake until it is cooked all the way through cooking times may vary and if the skin begins to darken you can flip it over. When it's cooked all the way through let it rest 1 to 2 minutes then slice and serve.

All recipes displayed with kind permission from Pete's Café & Bar . Results may vary.