
Crispy Chicken Vesuvio

Rachael Ray

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4 pieces skin-on/ boneless chicken breast
salt
pepper
1 teaspoon fennel seed
1 teaspoon oregano
1 teaspoon red chili flakes
3 tablespoons olive oil, divided
12 small baby Yukon Gold potatoes, halved
2 shallots, chopped
4 large cloves garlic, sliced
2 tablespoons thyme, chopped
1 cup shelled peas
1/2 cup dry white wine
1/2 cup chicken stock
juice of one lemon
2 tablespoons butter
1/2 cup chopped parsley

Pound the chicken to 1/4-inch thick between plastic wrap or in a large food storage bag. Season with salt and pepper. Dress with fennel, oregano and chili flakes.

Heat a tablespoon of olive oil in a large, cast-iron skillet over medium-high heat. Add the chicken, skin-side down. Crisp the skin, pressing down with a spatula while the skin browns, about 5 minutes. Turn the chicken and cook 5 minutes more, pressing down with a spatula to keep the breasts from shrinking up too much. Remove to a warm platter and cover with loose foil.

Add the remaining two tablespoons of olive oil to the skillet. Place the potatoes in the skillet cut-side down. Brown for 6 to 7 minutes. Shake the pan and add the shallots, garlic, thyme, peas, salt and pepper. Cook for 4 to 5 minutes more. Add wine to deglaze the pan, then the chicken stock, and lemon juice. Melt the butter into the sauce. Add the parsley to finish.

Arrange the crispy chicken on top of the sauce. Serve from the skillet at the table.

Chicken

Per Serving (excluding unknown items): 731 Calories; 65g Fat (86.8% calories from fat); 4g Protein; 18g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 1342mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 13 Fat.