



Chicken a la Vendemmia

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large chicken breasts bone-in
- ☐ 0.5 cup chicken broth low-sodium canned
- ☐ 3 tablespoons coriander seed
- ☐ 2 teaspoons fennel spice
- ☐ 1 cup fennel seed
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 3 tablespoons kosher salt
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 pounds grapes red seedless
- ☐ 4 servings sea salt black freshly ground
- ☐ 0.5 cup shallots thinly sliced
- ☐ 2 tablespoons peppercorns white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ cleaver

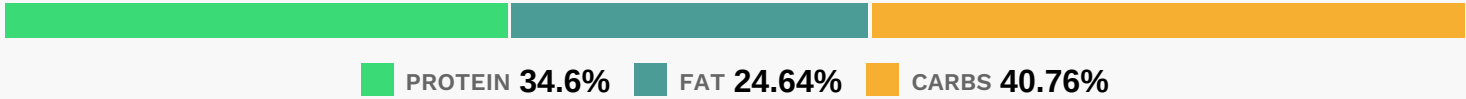
Directions

- ☐ Puree the grapes in a blender then strain through a sieve, pressing on the solids to extract as much juice as possible. You should have about 2 1/2 cups of juice.
- ☐ Preheat the oven to 400 degree Fahrenheit. Season the chicken on all sides with salt, pepper and fennel spice.
- ☐ Heat a large ovenproof skillet over moderately high heat. When the skillet is hot, add the olive oil.
- ☐ Add the chicken breasts, skin side down, and brown well on all sides, about seven minutes total.
- ☐ Transfer the skillet to the oven and cook until the chicken is done throughout, 12 to 15 minutes.
- ☐ Transfer the chicken to a serving platter and pour off all but 1 tablespoon of the fat in the skillet.
- ☐ Add the shallot to the skillet and return to moderate heat. Cook until softened, then add the rosemary and cook briefly to release its fragrance.
- ☐ Add 2 cups of the grape juice and simmer briskly until reduced by half.
- ☐ Add the stock and any collected juices from the chicken platter and simmer until the mixture has reduced to a creamy, sauce-like consistency. The total volume of the sauce will be a little

more than 1 cup.

- ☐
- Cut the chicken breasts in half with a heavy knife or cleaver and return them to the platter. Spoon the sauce over and around them.
- ☐
- Serve immediately.
- ☐
- Put the fennel seed, coriander seed and peppercorns in a small, heavy skillet over moderate heat. Watching carefully, toss the seeds frequently so they toast evenly. When they are light brown and fragrant, pour them onto a plate to cool. (They must be cool before grinding, or they will gum up the blender blades.)
- ☐
- Pour the cooled seeds into a blender and add the salt. Blend to a powder, removing the blender from its stand and shaking it occasionally to redistribute the seeds. Store in an airtight container away from light and heat for up to 4 months. or freeze for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:19.21, Inflammation Score:-8, Nutrition Score:41.630434979563%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 615.51kcal (30.78%), Fat: 17.68g (27.2%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 50.03g (18.19%), Sugar: 37.62g (41.8%), Cholesterol: 144.64mg (48.21%), Sodium: 5534.8mg (240.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.85g (111.7%), Vitamin B3: 25.97mg (129.83%), Manganese: 2.2mg (110.22%), Selenium: 74.15µg (105.93%), Vitamin B6: 2.11mg (105.49%), Phosphorus: 688.34mg (68.83%), Fiber: 15.76g (63.03%), Potassium: 1849.07mg (52.83%), Magnesium: 189.49mg (47.37%), Iron: 8.12mg (45.1%), Vitamin K: 39.73µg (37.83%), Copper: 0.75mg (37.33%), Calcium: 372.48mg (37.25%), Vitamin B5: 3.43mg (34.27%), Vitamin B2: 0.5mg (29.53%), Vitamin B1: 0.42mg (28.24%), Vitamin C: 19.81mg (24.01%), Zinc: 2.75mg (18.32%), Vitamin E: 1.9mg (12.64%), Vitamin B12: 0.48µg (8.03%), Folate: 25.11µg (6.28%), Vitamin A: 255.03IU (5.1%), Vitamin D: 0.23µg (1.51%)