

Wild Mushroom Chicken with Sweet Peas, Swiss Char + Pearl Barley

Serves 6

INGREDIENTS

For the Barley:

- 1 1/2 cups pearl barley
- 1 bay leaf
- 2 cloves of garlic, smashed
- 3 sprigs of thyme

For the Chicken:

- 2 lb boneless skinless chicken thighs that are pounded thin)
- 1/2 cup flour seasoned with salt + pepper
- 1 Tbsp olive oil
- 2 Tbsp butter
- 2 Tbsp olive oil
- 2 - 3 shallots, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 lb cremini mushrooms
- .5lb shitake mushrooms
- 3 thyme sprigs, whole
- 1 Tbsp sherry vinegar
- 1 cup dried porcini mushrooms, hydrated in hot water
- 1/2 cup heavy cream
- 1 cup porcini liquid, see above
- 1 Tbsp butter
- 1 tbsp olive oil
- 1/2 bunch swiss chard, finely chopped stems, and torn leaves
- 1 cup sweet peas
- 1/2 cup pearl onions
- 1/3 cup parsley, finely chopped
- salt and pepper to taste

METHOD

For the Barley:

Rinse the barley thoroughly, and put them in a saucepan with plenty of lightly salted water, the bay leaf, garlic, and the thyme. Bring to a boil, decrease the heat to a simmer, and cook for 20 - 25 minutes, or until the barley is tender; be careful not to overcook them. Once they are tender, remove them from the pot and place them on a sheet pan lined with parchment paper. Season with salt, and pepper.

For the Chicken:

Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound with a flat meat mallet, until they are about 1/4-inch thick. Put some flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly.

Heat the oil over medium-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken in the seasoned flour, shaking off the excess. Add the chicken to the pan and cook for 5 minutes on each side until golden, turning once. Remove the chicken to a sheet pan lined with parchment paper.

Add the olive oil, and butter to the pan. Add shallots and saute for 5 minutes. Season with salt and pepper. Add garlic, and continue to saute for another 3-5 minutes. Add cremini and shitake mushrooms, fresh thyme, and season with salt and pepper. Cook over medium high heat, letting mushrooms brown. Add in the sherry vinegar, and allow it to cook off. Strain porcini mushrooms, (reserving the liquid) and chop them finely. Add them to the other mushrooms. Add the cream, porcini liquid and butter. Combine, and cook until nice and creamy.

Meanwhile, in a cast iron skillet, heat olive oil and add swiss chard stems. Season with salt, and pepper. Saute for 5 minutes, until stems are beginning to turn translucent. Add chopped leaves, and continue to saute until tender. Add in the pearl onions, and continue to cook. Finally add the sweet peas, and finish cooking for 2 more minutes.

Fold in the swiss chard, sweet peas, and pearl onions. Add the chicken back into the pan to heat all the way through. Garnish with parsley to finish.