



Grilled Chicken and Vegetable Panzanella

VIRTUAL DEMONSTRATION

Menu:

- Grilled Chicken and Vegetable Panzanella

Skills Covered in Class Include:

- Selecting and grilling poultry
- Determining poultry doneness
- Grilling vegetables
- Making vinaigrette
- Balancing flavors
- Working with fresh herbs and spices

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Grilled Chicken and Vegetable Panzanella



Yield: 4-6 servings



Active time: 45 minutes

Start to finish: 1 hour, 15 minutes

For the chicken:

2 cloves garlic, minced
1 lemon, zested
1 teaspoon fresh oregano, rough chopped
1 teaspoon fresh rosemary, minced
1/4 teaspoon cayenne pepper
2 tablespoons extra virgin olive oil
4 chicken breasts, boneless and skinless
Salt and pepper to taste

For the bread and vegetables:

4 cups French bread, cut into cubes
4 tablespoons extra virgin olive oil
Salt and pepper to taste
2 portobello mushrooms, stems removed
2 zucchini, cut into thick slices
1 bunch asparagus, tough ends removed

For the vinaigrette and assembly:

1 shallot, minced
3 tablespoons red wine vinegar
1/4 cup extra virgin olive oil
2 tablespoons capers
Salt and pepper to taste
1 cup small fresh mozzarella balls
1 pint red cherry or grape tomatoes, halved
1/4 cup basil leaves, torn

- 1.** To make the marinade, whisk together the garlic, lemon zest, oregano, rosemary, cayenne pepper and olive oil in a small bowl.
- 2.** Place the chicken in a baking dish or in a sealable bag, and pour in the marinade. Be sure the marinade evenly coats the chicken. Allow to marinate for at least 30 minutes, but overnight is best.
- 3.** Heat a gas, charcoal or indoor grill pan over medium heat.
- 4.** Remove the chicken breasts from the marinade, and place on a plastic wrap-covered sheet tray. Season with the salt and pepper to taste.

5. Grill the chicken, presentation side down, until well marked, 3 to 4 minutes. Flip and repeat. Continue cooking the breasts until the internal temperature reads 155° on a meat thermometer. **Tip:** *If the chicken breasts are thick, move them to a slightly cooler part of the grill, so they can cook all the way through without getting too dark.*
6. Remove the plastic wrap from the sheet tray, and place the grilled chicken breasts on the clean tray. Allow the chicken to rest for 5 to 10 minutes.
7. Preheat the oven to 375°.
8. Toss the cubed bread with 2 tablespoons of the olive oil, and season with salt and pepper to taste. Spread out on a parchment-lined sheet tray and toast until golden brown, about 10 minutes. Set aside.
9. Brush the vegetables with the remaining olive oil, and season with salt and pepper to taste. Grill until tender and nicely caramelized. Allow the vegetables to cool a bit, and then cut them into bite-size pieces and place in a serving bowl.
10. To prepare the vinaigrette, mix together the shallot and red wine vinegar. Slowly drizzle in the oil while whisking rapidly to create an emulsion. Mix in the capers, and season with salt and pepper to taste.
11. Pour just enough of the vinaigrette on the grilled vegetables to coat. Mix in the toasted bread, mozzarella, tomatoes and basil leaves. Allow to marinate for 10 minutes.
12. Cut the rested chicken into 1-inch slices on an angle and serve with a spoonful of the Panzanella. ■

Note:

If preparing this salad a day ahead of time, wait to fold in the bread until 10 minutes before serving.

Equipment list:

- Grill pan
- Sealable bag or baking dish
- Tongs
- Meat thermometer
- Zester
- Sheet tray
- Parchment paper
- Mixing bowl
- Whisk
- Measuring cups and spoons