

# CRISPY ROSEMARY CHICKEN BREASTS WITH WHITE BBQ SAUCE

Kevin



Recipe by Kevin Kimura

Level: Easy

Makes 4 servings

## INGREDIENTS

### CRISPY ROSEMARY CHICKEN

4 boneless skinless chicken breasts  
4 fresh rosemary sprigs  
1 tbs minced fresh rosemary leaves  
zest from 1 lemon  
dijon mustard (grey poupon preferred)  
1 cup panko  
kosher salt  
black pepper  
ghee or olive oil

### WHITE BBQ SAUCE (optional)

1 cup mayo  
2 tbs apple cider vinegar  
(or red wine vinegar)  
3/4 tsp black pepper  
3/4 tsp granulated garlic  
3/4 tsp granulated sugar  
1/2 tsp kosher salt  
1/8 tsp or a pinch cayenne pepper  
juice from 1 lemon

store sauce in refrigerator  
for a week or more

## DIRECTIONS

### Step 1

Preheat oven to 350 degrees F.  
Prepare a baking sheet by lining it  
with foil. Then arrange rosemary  
sprigs on the pan spaced out so that  
each chicken breast can sit on its  
own rosemary sprig. The rosemary  
will perfume the chicken as it bakes in the oven.



### Step 2

In a bowl, gently mix together panko, minced rosemary, lemon zest, 1 tsp  
kosher salt and 1/2 tsp of black pepper.

Preheat a frying pan/skillet over medium heat for 2 1/2 minutes. Add 1 tbs of  
ghee or olive oil to the pan and move pan around to coat the bottom. Add  
panko mixture and toast until light golden brown. Keep the panko moving in  
the pan so that it toasts evenly. Keep an eye on it and do not walk away so it  
does not burn. Transfer toasted panko into a shallow dish and allow to cool.

### Step 3

Use a meat mallet or rolling pin to tenderize and flatten each chicken breast  
to create an even layer of meat so that it cooks evenly. Once flattened, the  
breast should be about 3/4 inch thick. Do not to flatten the meat completely.  
Do not over tenderize. Sprinkle both sides with kosher salt and black pepper.

### Step 4

Next, rub enough dijon mustard all over the chicken to create a light even  
coating (about 2 tbs). The mustard will both add flavor and help the panko  
adhere to the chicken. Place each breast top-side down into the toasted  
panko, pressing gently to make sure the bread crumbs adhere. Then, place  
the breast panko-side up on a foil lined baking sheet.

Bake the chicken for 30 minutes or until cooked through.

While the chicken is baking, make the white bbq sauce by mixing all listed  
ingredients together in a bowl with a whisk until fully incorporated.

Remove chicken from oven and serve with white bbq sauce.