

Chicken en Papillote with Lemon

Serves 6

Ingredients:

1/3 cup chopped fresh dill
1/3 cup chopped fresh mint leaves
1/3 cup chopped fresh flat-leaf parsley
2 garlic cloves, minced
salt and freshly ground pepper to taste
6 boneless skinless chicken breasts
6 tablespoons butter
2 lemons, sliced



Equipment Needed: Baking parchment; a large baking sheet

Directions: Preheat the oven to 400 degrees. Mix the dill, mint, parsley, garlic, salt and pepper in a small bowl. Cut six 14-inch hearts out of baking parchment. Place a chicken breast on one side of each heart and sprinkle with salt and pepper. Sprinkle each with about 2 tablespoons of the herb mixture. Dot with 1 tablespoon of the butter and top with 2 lemon slices. Fold the remaining half of the heart over the chicken and fold the edges together to seal, beginning at the top of the heart in the center of the dip and continuing in small increments until reaching the end of the heart. Tuck the last fold under to form a tightly sealed packet. Place the packets on a large baking sheet. Bake for 15 minutes or until the chicken is cooked through. Serve immediately.

Notes: The technique “en papillote,” or “in parchment,” is used to steam food in the oven in its own juices. The result is dramatic. Serve on plates and allow guests to slice open the packets, releasing aromas. Provide good bread to sop up the juices.

Chefs Notes: This recipe is outstanding with moist flavors of citrus and butter. Perfect recipe for a small dinner party or special dinner with family.

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