**Regional Recipes**

**Pan-Seared Chicken Breast**

**Ingredients**

* 1 large chicken breast (from fabrication round)
* 3  tablespoons olive oil divided
* ¼  teaspoon garlic powder
* ¼  teaspoon paprika
* ¼  teaspoon onion powder
* ¼ teaspoon oregano
* ¼  teaspoon salt
* ⅛ teaspoon black pepper
* 1  to 2  tablespoon butter

**Instructions**

1. Brush 1 tablespoon of olive oil over the chicken.
2. In a small bowl, stir all of the seasonings together. Use your hands to sprinkle the spice mixture over the chicken, coating all sides.
3. Pour the remaining olive oil in a large, deep skillet or a cast iron skillet and heat it over medium-high heat. Once hot, add the chicken smooth side down and cook the chicken for 5 minutes. Use tongs to flip the chicken over, then reduce the heat to medium and cook the chicken for 2-5 minutes. NOTE: cook times vary depending on thickness of the chicken; always use a meat thermometer to confirm the internal temperature. There is also oven space to complete the cooking.
4. Butter can be used to finish off the chicken.

**5-Minute Chicken Pan Sauce**

**Ingredients**

* Reserved meat juices, from cooking
* 1 tablespoon finely chopped [shallots](https://www.thespruceeats.com/what-are-shallots-4782904)
* 1/2 cup [white wine](https://www.thespruceeats.com/how-to-store-white-wine-3511251) or cooking wine
* 2 teaspoons Dijon mustard
* 2 teaspoons fresh [parsley](https://www.thespruceeats.com/all-about-parsley-2355733), chopped
* 3 tablespoons butter
* [Kosher salt](https://www.thespruceeats.com/kosher-salt-questions-answered-995959), to taste
* Freshly ground black pepper, to taste

**Steps To make Sauce**

* Gather the ingredients.
* Remove the chicken, pork chops, or steak from the pan and let them rest on a plate or platter covered with foil in a warm spot. Pour off most of the fat from the pan, careful to leave the meat juices. You want a little bit of fat left in the pan.
* Add the chopped shallots to the pan and [sauté](https://www.thespruceeats.com/what-is-sauteeing-995497) over medium-high heat until they turn slightly translucent.
* Add the wine and scrape all the little toasty bits away from the bottom of the pan with your wooden spoon.
* Cook for about three minutes or until the wine has reduced by about half.
* Remove from the heat and stir in the mustard and chopped parsley.
* Whisk in the butter one tablespoon at a time. Season to taste with salt and pepper.
* Return the meat to the pan to warm through in the sauce before serving.

**Roasted Red Potatoes**

* 8 oz baby red potatoes
* 1 clove garlic smashed and left whole
* 1 tablespoons olive oil
* kosher salt - to taste
* cracked black pepper to taste
* 1/8 teaspoon thyme
* ¼ teaspoon garlic powder
* fresh dill rosemary, thyme, or parsley, to garnish

**Instructions**

1. Preheat your oven to 400 degrees F.
2. Wash and scrub your potatoes to make sure they are nice and clean, then spread them out to let dry. It doesn't take too long.
3. Slice each potato in half or in quarters, for large potatoes. All the potatoes should be roughly similar in size, for even roasting.
4. Place all the potatoes on a rimmed 11x17 inch baking sheet.
5. Add 1 clove smashed garlic. You can mince the garlic and mix it into the potatoes if you like, but I just leave them smashed and whole.
6. Drizzle the potatoes and garlic with olive oil.
7. In a small bowl, combine all the spices: kosher salt, black pepper, thyme, garlic powder.
8. Sprinkle the spices over the tops of the potatoes. Use your hands to massage the oil and spices into the potatoes. Make sure each potato gets coated.
9. Arrange the potatoes on the pan so that they are cut-side down.\* The potatoes should not be touching each other (or they will steam in the oven instead of roasting. We want them nice and crispy!) See photos.
10. Roast the potatoes at 400 degrees for about 30 minutes.
11. Take the pan out of the oven and use a spatula or tongs to carefully flip the potatoes over (so that the other cut-side that is still white is now touching the pan.) If there is any oil pooling in the center of your pan and it's causing the potatoes to not brown, soak up some of the oil with a paper towel and discard.
12. Place the pan back in the oven and continue roasting for another 15-20 minutes **(the total roasting time is 45-50 minutes)**.
13. Take the potatoes out of the oven and serve immediately. Garnish with chopped herbs (such as dill or parsley), and just before serving, toss with 1 tablespoons white wine vinegar. This step is optional, but oh so tasty! It gives these potatoes the perfect zing! Shredded parmesan on top is also a great option.

**Blanched and Sauteed  Green Beans**

* 3- 5 oz of Green Beans

-Students need to blanch the green beans and saute them for their dish.