

Extra News Online

Budget-Friendly Dish Pleases The Palette

August 13, 2010 - Three of Genesis HealthCare's nursing centers took home first prize this year in the company's annual Culinary Competition. From Genesis' southern region is a recipe that wooed the judge's taste buds, thanks to chefs David Jones and Lokia West at the Perring Parkway center in Baltimore. Adding to the dish's appeal is the fact that it was created at a cost of no more than \$1.50 per plate, as per the requirements of the competition.

Perring Chicken With Roasted Sweet Potatoes & Caramelized Peach Souffle Makes 10 Servings

Perring Chicken

Chicken breast, boneless, skinless 3 lbs (10 pieces)
Spinach, small leaf, fresh 1 1/2 lbs
Garlic, minced 2 Tbs
Shallots, chopped 2 Tbs
Brown sugar 1/2 tsp
Golden Italian dressing 1 cup
Balsamic vinegar 1/4 cup
Salt 1/2 tsp
Black pepper, ground 1/2 tsp
Vegetable oil 6 oz
Raisins 1/2 cup

1. Marinade chicken breasts with Italian dressing. Thoroughly cover all the chicken with dressing and cover the pan with film. Refrigerate for at least 3 hours or overnight.
2. Wash the spinach and dry.
3. Preheat oven to 350 degrees.
4. With the marinated chicken breast lying flat, slice horizontally into the breast at its center point, slicing only half way through the breast to create a pocket.
5. Oil a hot skillet with 1 oz of vegetable oil. Saute the diced shallots for approximately 1 minute. Add spinach and raisins and sauté for an additional minute. Add the minced garlic and brown sugar and salt and pepper to taste. Immediately place the spinach mixture on a 1/2-sheet tray and refrigerate until cool.
6. Stuff 4oz of the spinach mixture inside of each chicken breast pocket. Freeze for (1) hour.
7. In a hot skillet with a portion of the remaining vegetable oil, sear each stuffed chicken breast to a golden color on both sides.
8. Bake stuffed chicken in the preheated oven to an internal temp of 165 (about 10 minutes).
9. Combine the drippings from the baked chicken with the balsamic vinegar. Serve chicken with a drizzle of the mixture on the side.

Roasted Sweet Potatoes & Caramelized Peach Souffle

Sweet potatoes, peeled & cubed 5 lbs
Eggs 4
Sugar, granulated 1/2 cup
Brown sugar 1/2 cup
Peaches, canned, sliced 1 1/4 cup
Salt 1/2 tsp
Nutmeg 1/2 tsp
Butter 6 oz
Cinnamon 2 Tbs
Heavy cream 1/4 cup
Vanilla extract 2 Tbs

1. Steam peeled and cubed sweet potatoes in a perforated pan for approximately 20-25 minutes or until tender. Refrigerate.
2. Preheat a skillet on high heat. Add butter and 2 tbsp of brown sugar. Saute peaches (save the juice) to a dark brown color. Robot coupe (combine in a food processor) the sauteed peaches to a chunky consistency. Refrigerate.
3. Once the sweet potatoes have completely cooled, place them in a mixing bowl and whip at #2 speed until thoroughly whipped.
4. Mix the eggs, vanilla, spices, cream and both sugars and whip for 30 seconds, add the sautéed peach mixture and a dash of salt. Gently mix thoroughly. Fold this mixture into the sweet potatoes until incorporated.
5. Baked the sweet potato mixture in a 350 degree oven for approximately 20-25 minutes or thoroughly heated to an internal temperature of 165 degrees or higher.
6. Use a pastry bag to pipe 4 oz of the sweet potatoes onto serving plates.
7. Use a torch to carefully caramelize the soufflé.