



Chef Rio's Chicken Breast

Chef Rio

Serves 4

INGREDIENTS

4 Boneless and Skinless Chicken Breasts (cut in half... pounded slightly thin)
2 Large Fennels (big bulbs) Sliced approx. 1/2 in. thick (like an onion)
3 Cloves of garlic chopped and diced
2 Very Large and (Very Ugly) HEIRLOOM Tomatoes sliced medium thin
2 5 oz. boxes of Raspberries
Extra Virgin Olive Oil (2-3 Tbs.)
Butter (Irish or Normandy) 2 -3 Tbs.
All Purpose flour (for dredging)
Salt and Black Pepper to taste

INSTRUCTIONS

Combine oil and butter in a fry pan and melt on medium heat. (Non-stick works best)

Dredge the chicken breast halves, in the flour.

Add to the fry pan on medium heat.

Cook until golden brown on both sides, and slightly crisp.

Set chicken breasts aside and keep warm.

In the same pan, add garlic, and fennel.

Sauté until fennel becomes slightly translucent. (approx. 3-4 minutes)

Add Heirloom tomatoes and 3/4 cup raspberries.

Cook till soft. (approx. 2 minutes)

TO PLATE

Put the tomato in the center of the plate.

Spoon generous amount of sautéed fennel and raspberries surrounding the tomato.

Place the chicken breast on the top.

Put 3-4 raspberries on top of the chicken breast.

Garnish with the rest of the raspberries.

Serve with any sort of Crusty Italian Bread!