

2022 Corbin High School Junior Chef Recipe

Roasting Red Hounds

Red Hound Polo Fiesta

Ingredients:

- 1.5 lbs. Chicken Breast Halves (6 small boneless filets)**
- 1/8 cup Avocado Oil**
- 4 tsp. Creole Seasoning**
- 1 Tbs. Avocado Oil**
- ½ cup diced Red Onion**
- ½ cup diced Poblano Pepper**
- 1 clove garlic, minced**
- ½ cup 2% Milk**
- 9 oz. Monterrey Jack Cheese, shredded**
- 6 oz. Greek yogurt**
- ½ tsp. cumin**
- ¼ tsp. chili powder**
- 4 oz. green chiles**
- 1/8 tsp. salt**
- 1 Recipe Broccoli & Rice (See Recipe Below)**
- 1 Recipe Pico (See Recipe Below)**

Directions: Pre-heat oven to 425 degrees.

1. Rub chicken with oil and coat evenly with the Creole seasoning. Place on sheet pan and bake in oven for 10-20 minutes or until chicken reaches an internal temperature of 165-degrees on kitchen thermometer. Rest 5 minutes before slicing across the breast into 5 slices. Keep warm until service
2. In a large skillet, heat the 1 Tbsp. of Avocado Oil on medium heat. Add the red onion, poblano and garlic; saute 3-4 minutes until onion is translucent. Add the cumin, chili powder and salt. Stir vegetable mixture, then add the milk, cheese, and yogurt. Cook, stirring, over low heat until cheese is melted and smooth. Stir in the green chiles. Remove from heat and keep warm until service.
3. **To Serve: Divide Rice & Broccoli evenly among six serving plates.**
Arrange slices of Chicken over the top of rice portion.
Divide Sauce evenly over the Chicken and Rice/Broccoli.
Serve portion of the Pico alongside of the Chicken/Rice/Broccoli.
Garnish with zest of lime and chopped cilantro.

Rice & Broccoli

Ingredients: **3 cups long grain Brown Rice**
 6 cups water
 ¾ tsp salt
 3 cups chopped Broccoli Florets

Directions:

1. Rinse rice in a strainer under running water.
2. In a large stock pot, bring 6 cups of water to a boil. Add the rice and bring water back to a boil. Cover the pot, reduce heat, and cook over medium-low heat for 20-25 minutes, until rice is tender, and water is absorbed. Stir in salt and keep rice covered until ready to serve.
3. Using a vegetable steamer, or steam rack in a covered skillet, steam broccoli florets over 1" of water for 5-6 minutes. Sprinkle with a bit of salt (optional) and keep warm until ready to serve.

Pico Ingredients: **4 whole Roma Tomatoes, diced**
 ¼ cup yellow onion, diced
 ¼ cup minced cilantro
 1 small jalapeno pepper, seeded and minced
 1 lime, juiced and zested
 1 garlic clove, minced
 1/8 tsp salt

Directions:

1. Set lime zest aside for plating.
2. Combine remaining ingredients in a bowl and stir until well incorporated. Keep cool until ready to serve.