



## Pan Roasted Chicken and Farro

Executive Chef, Dan Merola, [Roots Café](#)

### Directions Faro:

- Combine farro, 3 cups water and 1/2 teaspoon of the salt in a medium lidded pot. Bring to a boil; reduce heat to a low simmer, cover and cook 50 minutes or as per package directions.
- Drain and pour into a bowl.
- Meanwhile, whisk together 2 tablespoons of the balsamic vinegar, the honey, 1/8 teaspoon of the salt and the pepper in a medium bowl.
- In a slow stream, whisk in olive oil until well combined. Pour over hot, drained farro.
- Mix well and cover bowl with plastic wrap.
- Refrigerate at least 2 hours or overnight.
- Cherries, almonds, mint, remaining 1/2 teaspoon salt and remaining 2 tablespoons vinegar.
- Sauté spinach and add to mixture.
- Take entire mixture and warm on baking sheet for 10 minutes on 300°F or to preferred heat (can also be eaten cold, warm, or room temp)

### Directions Chicken:

- Adjust oven rack to center position and preheat oven to 450°F. Pat chicken breasts dry and season generously with salt and pepper.
- Heat oil in an oven-safe medium stainless steel skillet over high heat until just starting to smoke.
- Carefully lay chicken breasts into hot skillet skin side down. Cook without moving until skin is deep golden brown and very crisp, about 6 minutes.
- Carefully flip chicken breasts and transfer skillet to the oven.
- While chicken roasts, add stock to a liquid measuring cup and sprinkle gelatin over the top. Set aside.
- Cook chicken until an instant-read thermometer inserted into the thickest part of the chicken breasts registers 150°F, about 7 to 12 minutes.
- Remove skillet from oven and transfer chicken to a cutting board. Set aside to rest while you make the pan sauce. Pour off all but 1 tablespoon of fat from the skillet and place over high heat.
- Add shallots and rosemary and cook, stirring, until softened and fragrant, about 30 seconds.
- Add stock/gelatin mixture and lemon zest and cook, scraping up any browned bits from the bottom of the pan with a wooden spoon.
- Continue cooking on high heat until sauce is reduced by about two-thirds, 5 to 8 minutes.
- Stir in butter, soy sauce, and lemon juice and cook at a hard boil until emulsified, about 30 seconds.
- Remove from heat and set aside.
- Slice chicken breasts into three pieces on a sharp bias and transfer to individual serving plates.
- Taste sauce and season with salt and pepper. Spoon sauce over the chicken and serve immediately.

### Ingredients: Faro

- 1 cup uncooked farro
- 1 1/8 teaspoons salt
- 1/4 cup dark cherry balsamic vinegar
- 1 tablespoon honey
- Pinch of black pepper
- 2 tablespoons extra-virgin olive oil
- 2 cups shredded roasted chicken
- 1 1/2 cups fresh sweet cherries (about 20), pitted and halved
- 1/2 cup sliced almonds, toasted
- 1/4 cup chopped fresh mint
- 2 cups chopped or torn spinach

### Ingredients: Chicken

- 2 whole airline chicken breasts or boneless skin-on chicken breasts (6 to 8 ounces each)
- Kosher salt and freshly ground black pepper
- 1 tablespoon canola oil
- 1 cup homemade or store-bought low-sodium chicken stock
- 1 1/2 teaspoons powdered gelatin
- 1 small shallot, minced (about 1 tablespoon)
- 1 tablespoon minced fresh rosemary leaves
- 1 (1 1/2-inch) piece of peeled zest plus 1 1/2 tablespoons fresh juice from 1 lemon
- 2 tablespoons unsalted butter
- 2 teaspoons soy sauce