

JERUSALEM ARTICHOKE NICOISE SALAD WITH ROASTED CHICKEN AND JERUSALEM ARTICHOKE SOUP



INGREDIENTS

Roasted Jerusalem Artichokes and Roasted Chicken Breast

2 chicken breasts, skin
on, bone in
1 tbsp vegetable oil
1 lb Jerusalem
artichokes, sliced $\frac{1}{4}$ -
 $\frac{1}{2}$ inch thick
2 cups pineapple juice

Jerusalem Artichoke Nicoise Salad with Roasted Chicken

Roasted Jerusalem
Artichokes
 $\frac{1}{2}$ lb green beans,
trimmed and blanched
in salted water
3 ripe tomatoes, cut
into 8ths
 $\frac{1}{2}$ small red onion,
julienned
 $\frac{1}{3}$ cup kalamata olives
4 eggs, hard boiled,
peeled and quartered
Roasted Chicken
Breast, sliced
juice of $\frac{1}{2}$ lemon
3 tbsp olive oil
salt
pepper

Jerusalem Artichoke Soup

3 tbsp olive oil
1 onion, diced
 $1 \frac{1}{2}$ lb Jerusalem
artichokes, roughly
chopped
 $\frac{1}{2}$ potato, quartered
7 cups water
1 bay leaf
3 sprigs of thyme, tied
with string, plus 1
sprig, leaves picked for
garnish
 $\frac{1}{2}$ cup 35% cream
salt
olive oil

DIRECTIONS

Roasted Jerusalem Artichokes and Roasted Chicken Breast

1. Place chicken and pineapple juice in a baking dish.
2. Marinate for a minimum of 30 minutes, maximum 24 hours.
3. Preheat oven to 350F.
4. Heat oil in a cast iron pan over medium to high heat.
5. Once oil is hot, add Jerusalem artichokes to the pan, season with salt and pepper.
6. Once golden brown, turn over and cook the other side, remove from pan and set aside.
7. Place chicken in the same hot pan, skin side down. Once skin is crisp, golden and lightly charred, turn over.
8. Add reserved Jerusalem artichokes to the pan and place in oven until cooked, approximately 25 minutes.
9. Remove from oven and allow Roasted Chicken Breast to rest for 10 minutes before slicing.

Assembling Jerusalem Artichoke Nicoise Salad

1. To assemble, place Roasted Jerusalem Artichokes and green beans on a plate.
2. Scatter tomatoes, onions and olives over green beans and Jerusalem Artichokes and place sliced Roasted Chicken Breast in centre.
3. Place hard-boiled eggs around Roasted Chicken Breast.
4. Whisk lemon juice, olive oil, salt and pepper in a bowl, drizzle over Jerusalem Artichoke Nicoise Salad and serve.

Jerusalem Artichoke Soup

1. Heat 1 tablespoon of oil in a medium pot over medium heat.
2. Add onions and sweat until tender and translucent.
3. Add Jerusalem artichokes and potato, stir.
4. Add water, bay leaf and thyme, stir.
5. Bring to a boil, then reduce to a simmer.
6. Once Jerusalem artichokes and the potato are fork tender, remove bay leaf and thyme.
7. In a blender, puree in batches until smooth.
8. Strain Jerusalem Artichoke Soup into a new pot, bring to a boil and reduce to a simmer.
9. Add cream, season with salt and serve garnishing each bowl with a drizzle of olive oil and thyme leaves.