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***Stuffed Braised Chicken with Barry's Cherries  
Succotash, Featuring Local Chicken from Native  
Organics***

By: Matt Annand | [The Woods](#)

Paired with: Ya Sure Kombucha - Peach Mango &  
Apple Crisp

Find this recipe and cooking demo at:

[www.sproutmn.com/videorecipes](http://www.sproutmn.com/videorecipes)

**A NOTE FROM CHEF MATT:**

*You will need:* a chef's knife and/or boning knife, a secure cutting board, and a medium to large sized sauté pan. You'll also need a nice local summer lager or crisp Ya Sure Kombucha and some good music playing in the background (I suggest The Waterboys circa 1988). Bon Appétit!

**INGREDIENTS (Serves 2)**

**Stuffed Braised Chicken**

- Local (Native Organics) Chicken (½ chicken included in each kit)
- 2-4 oz. Smude's sunflower oil (Substitute olive oil, if desired)
- 2 nice slices of smoked provolone cheese (Substitute mozzarella, goat cheese or Gorgonzola!)
- 1/2 small onion (sliced and caramelized)
- 1/2 bulb Roasted garlic...(for chicken stuffing)
- 4 oz shaved Parmesan cheese (Some for the inside and some for the top of the chicken)
- 4 oz. fresh Strictly Mushrooms variety (Stems removed... Sliced and briefly sautéed)
- 3 oz. fresh hydroponic basil pesto
- 3 oz. fresh garlic aioli
- Salt and pepper to taste

## **INSTRUCTIONS**

### **Stuffed Braised Chicken**

1. Preheat conventional oven to 400°F (Use 375°F for a convection oven)
2. Heat your pan and add a small amount of oil to your hot pan.
3. Caramelize the mushrooms and onions and set aside.
4. Cut your chicken breast from the ½ chicken and remove the skin from the chicken breast. Prepare the chicken legs/thighs as well, if desired.
5. Heat your pan back up and add a small amount of oil to your hot pan.
6. Slice a pocket in your chicken breast lengthwise.
7. Add in your desired amount of sautéed mushrooms, caramelized onions, provolone cheese, roasted garlic and shaved Parmesan.
8. Season your chicken breast and caramelize the top (presentation side) in the pan until golden brown.
9. Briefly cook the other side as well.
10. Remove from heat and transfer chicken onto a baking tray.
11. Mix basil pesto with garlic aioli (if not already mixed) to use as a sauce.
12. Spread the sauce on top of the chicken and top with Parmesan cheese.
13. Bake chicken in your oven for 8 to 10 minutes or until the center is 165° and fully cooked.

*Meanwhile, while chicken is cooking in the oven...*

### **Barry's Cherries Succotash (Feel free to get creative with this one... You are the chef!)**

- 4 oz Smude's sunflower oil (for sautéing)
- 1 bell pepper sliced to desired size (seeds and stems removed)
- 1 pint of fresh Barry's Cherries tomatoes
- 4-6 small potatoes pre-boiled, sliced and reserved (baby reds, Yukon golds, or fingerling)
- 1 cup + fresh cooked sweet corn (or boil and cut off of the cob)
- 3/4 cup hominy
- 1/2 small red onion (diced)
- 2-4 patty pan squash (wedged)
- 1 small/young zucchini or yellow squash (large slices)
- A handful of green beans
- 5 to 6 basil leaves (to slice for flavor)
- 1 pint of rich chicken or mushroom stock
- 2 oz of sliced sun-dried tomatoes
- Salt and pepper to taste

### Barry's Cherries Succotash

1. Pre-boil potatoes in water and set aside. Slice when cool.
2. Bring your pan back up with heat and oil and individually sauté fresh ingredients, starting with denser vegetables first - squash and peppers. (Slightly season each vegetable with salt as you add)
3. Add in sliced onion, chopped garlic, and mushrooms once the squash and peppers are about half-cooked.
4. Be careful to not overcook. Keep your textures and colors crisp and vibrant!
5. Add in the green beans and pre-cooked, sliced potatoes
6. Finish by adding corn, hominy, cherry tomatoes, sun dried tomatoes and fresh basil. Remove all ingredients from the pan and set aside.
7. [Deglaze](#) your pan with a little white wine if desired, dissolving the browned food residue from the pan to add rich flavor.
8. Add chicken or mushroom stock to the pan and bring to a simmer. This will slowly reduce the sauce.
9. When the sauce is the consistency of syrup, mix all the succotash back into the pan and flavor as desired with more oil, salt and pepper.

**To Plate:** Combine chicken and succotash to your liking and enjoy!

Take a picture of your dish and share it with us at [www.sproutmn.com/share](http://www.sproutmn.com/share)