

BAKED BONE-IN CHICKEN BREASTS

F EASY

Last Modified: 02/15/2016

PREP: 4 Hrs
COOK: 1 Hr
OVEN: 350

CHICKEN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Large	Chicken Breasts (Ribs & Skin Attached)	
2	10 1/2 Oz	Cans Condensed Cream of Chicken Soup (Campbells)	
1/2	Cup	Parmesan Cheese	Grated
1	Cup	All Purpose Flour	
3/4	Cup	Panko Bread Crumbs (Kikkoman)	
1	Tsp	Fresh Thyme Leaves	Fine Chop
1	Tsp	Fresh Rosemary Leaves	Fine Chop
1	Cup	Buttermilk	
4	Tbsp	Vegetable Oil	
2	Tbsp	Poultry Seasoning	
1	Tbsp	Kosher Salt	
1/2	Tbsp	Ground Black Pepper	

PREPARATION

FACTOID	I had this great dish on a weekend trip to Glasgow Scotland. The Tiny hotel I stayed at on the outskirts of the city was owned by this very ancient Scottish couple. When I left in the morning, the wife asked if I would be back for dinner & if I liked Chicken. A VERY enjoyable evening with the old couple (Their Scottish accent was so thick, I had trouble with their English). Wine, this Chicken & fried Brussels Sprouts from their garden.
TOOLS	<ol style="list-style-type: none"> 1) Oval Porcelain Baking Pan & Lid 2) Gallon Zip Lock Bag 3) Large Cast Iron Skillet 4) Wire Rack 5) Probe Thermometer
PREP	4 Hours Before: Cut any excess skin and fat from the Chicken Breasts. Mix the Buttermilk and Poultry Seasoning together in a gallon zip Lock bag. Add in the Chicken Breasts and squeeze out all of the air, seal & refrigerate for 2 to 4 hours, squeezing every once in a while to recoat.
PREP	DISH <ol style="list-style-type: none"> 1) Grate the Parmesan Cheese and set it aside. 2) Finely Chop the Thyme Leaves and set them aside. 3) Finely chop the Rosemary Leaves and mix them into the Thyme. 4) Preheat the oven to 350 degrees with a rack just below center.
1	Remove the Chicken Breasts from the Marinade, sprinkle them with Salt and Pepper to taste, coat with the Flour and set them aside on a wire rack for at least 15 minutes.
2	Meanwhile, in a large cast iron pan over medium high heat, add in the Vegetable Oil and heat until shimmering. Brown the Chicken Breasts (skin side down first) until brown and crispy. Turn them over and brown the other side.
3	Drain the Chicken Breasts and place them in a single layer in the baking pan, skin side up. Spread the undiluted Cream of Chicken Soup evenly over the Breasts. Sprinkle the top with the Bread Crumbs, Thyme, Rosemary and Parmesan Cheese. Cover with the lid.

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4	Roast the Chicken for about 45 Minutes or until the internal temperature reaches 160 degrees - Uncover for the last 15 minutes to brown the Bread Crumbs. Remove from the oven, re-cover to keep hot and allow them to rest for 15 minutes before serving.
SERVE	Serve while hot with the pan drippings drizzled over the top.