

Tapenade Chicken Papillote

Papillote is a French method of cooking food in a parchment paper pouch. The food steams in it's own juices, elevating food to a whole new level by intensifying the foods natural flavours and sealing in all of those beautiful juices!

Ingredients:

For tapenade:

½ c. black olives, pitted

½ Tbsp capers, rinsed and drained

1 clove of garlic, minced

½ Tbsp fresh lemon juice

2 Tbsp extra virgin olive oil

For Chicken:

½ sweet pepper (orange, red, yellow or green, your choice)

4 large white button mushrooms, sliced

2 tsp fresh chive, finely chopped

4 tsp extra virgin olive oil

4 boneless, skinless chicken breasts

4 tsp white wine

To make tapenade: Add black olives, capers, garlic, lemon juice and olive oil to a food processor and pulse until smooth.

For papillote: Tear off four sheets of parchment paper approximately 12-14 inches in length. Preparing one 'pouch' at a time, pour 1 tsp olive oil into center of parchment paper. Place chicken breast on oil and move around to coat, then turn and do other side. Place chicken off-center to one side and on the other side, spread one spoonful of black olive tapenade. Top with sliced mushroom and 1/ 2 tsp finely chopped fresh chive. Place chicken breast on top of

tapenade mixture. Spread one spoonful of tapenade on top of chicken breast, and lay out ¼ of sliced sweet pepper on top. Drizzle with approximately 1 tsp of white wine. Fold parchment paper over chicken, and crimp and fold edges in half moon shape to completely seal chicken in pouch.

Place each pouch on baking sheet and bake in preheated 425 degree Fahrenheit oven for 15-10 minutes. Plate pouches on individual plates and let each person open their pouch in front of them to get the full experience of the escaping aromatic steam.

Kim's Cookology!