

Tuscan Chicken “Tartare”

Cast Iron Seared Chicken Breast, Capers, Shallots, Lemon Zest, Black Garlic Aioli

By, Chef Steven Ferneding

For the Chicken Tartare:

2 boneless, skinless chicken breast, finely minced
1 teaspoon each of Parsley, Basil, Oregano, Smoked Paprika.
4 tablespoons of avocado oil, divided
2 tablespoons capers, finely chopped
2 tablespoons of garlic
2 tablespoons lemon juice
1 teaspoon of lemon zest
2 shallots, finely minced
Zest of 1 lemon
1 teaspoon fresh rosemary, finely chopped
Salt and freshly ground black pepper, to taste

For the Black Garlic Aioli:

4 cloves black garlic, mashed into a paste
1/2 cup mayonnaise
1 tablespoon lemon juice
Fresh Parsley, minced
Salt and freshly ground black pepper, to taste

Let’s Cook!

Step 1

In a large cast iron pan heat to medium-high heat.

Step 2

Add oil to pan until shimmering.

Step 3

Turn heat to medium and add shallots. Cook for 2-3 minutes until translucent. Add garlic until fragrant. Add capers and stir. Remove from heat and save.

Step 4

Return heat to medium-high and add oil. Then add chicken to the pan. Stir and cook until browned (165°F)

Step 5

Squeeze lemon juice over chicken and stir. Add caper mixture to pan and stir. Remove pan from heat. Drizzle sauce over tartare, top with minced parsley, serve and enjoy!

Black Garlic Aioli

Step 1

In a large bowl mix all ingredients in a bowl. Seasoning with salt and pepper.