



Stuffed Wild Rice Chicken Breast Sweet Potato Mash (Serves 2)

The instructional step-by-step video featuring Chef Stefanie will be available starting Wednesday, September 23, at 4:00 p.m. at the following website:

www.scschca.com/cooking

- 1 large chicken breast (butterflied)
- 1 cup wild rice
- ½ cup yellow onion, small diced
- ¼ cup celery, small diced
- ¼ cup carrots, small diced
- TT (To Taste) salt & pepper
- ⅓ cup Parsley, chopped
- 4 cups of water
- 4 tbsp Olive oil

Sweet Potato Mash

- 2 large sweet potatoes, skin on
- ¼ cup roasted garlic
- 1 tbsp cumin
- TT (To Taste) salt & pepper
- 4 tbsp butter

Sweet Potato Mash

1. Set your oven to 400 degrees
2. Take your sweet potato (skin on), wash any excess dirt off, and dry. With a fork poke the sweet potato 4 to 6 times in random areas (this allows heat to escape from the potato, so it does not explode in your oven).
3. Take 1 to 2 tbsp of olive oil and rub/ cover the outside of your sweet potato.
4. Place your sweet potato on a cooking sheet/pan and place in the oven for about 40 min or until your sweet potato is tender/ extra soft to the touch. *Note: you can check the tenderness with a knife or fork.*
5. When the sweet potato is done, take out of the oven and allow it to cook for 15 min.
6. Using a knife, you will cut a line right down the middle of the potato, only going about ½ an inch deep. You can now peel back the skin, revealing the soft inside of the potato and discard the skin.

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7. You have a couple of choices when it comes to mixing your sweet potato. You can mash by hand, use a mixer or blender. Place cooked sweet potato in a bowl, add your butter, salt and pepper, roasted garlic, and cumin and mix until you have your desired texture.

Note: You can always add more butter or seasoning. If you are using a blender and it is having a hard time blending add a little oil and or water to loosen the mixture. REMEMBER: you can always add, but never take away, so take your time and add extra of any liquid or seasoning little by little.

Cooking Wild Rice

1. Take 1 cup of wild rice. Rinse and stain a couple times with cold water.
2. Place 1 cup of wild rice, and 4 cups of water in a saucepan, adding a pinch of salt.
3. Bring to a boil over high heat
4. Once the water comes to a boil, reduce to a simmer, and cover the saucepan.
5. Cook the rice for 45 min. The rice is done when you have a chewy, yet tender texture, and you start to see some of the seeds have burst open. If the rice needs more time, cook for another 10 to 15 minutes.
6. When the rice is done, strain it from any remaining liquid.

Sautéing the Vegetables

1. In a sauté pan, take 2 tbsp of olive oil, on medium heat. Let the oil heat up first.
2. Add your carrots, onions, celery, salt, pepper, and garlic powder to your taste to the pan and stir. Cook the vegetables until tender.
3. Add the chopped parsley to the mix and cook for another minute or so.
4. When your vegetables are done, add everything to your wild rice and mix well.

Tip: You can always add more seasoning, but you cannot take it away. Remember to always taste as you are cooking. This allows you to test the desired texture and flavor.

Preparing the Chicken Breast

1. Open your butterflied chicken breast and lay it on your cutting board.
2. Place plastic wrap over the chicken breast. Using a mallet, or a large heavy spoon, pound out your chicken breast, allowing it to become thin.
Tip: If you see the breast starting to tear apart, be more gentle.
3. Once you are done pounding out your chicken breast, cut the chicken in half and lightly brush both sides with olive oil.
4. Take the wild rice mixture and spoon a hand full to the middle of the chicken breast. Take one end of the chicken breast and pull it over the rice, tucking the end into the rice to make it easier to roll.
Note: Any rice that falls out from the side, just stuff it back in the sides after you finish rolling.
5. Carefully place the stuffed chicken breasts on a baking sheet/pan and add a pinch of salt and pepper over the top.
6. Set your oven to 350 degrees and bake for 25 to 30 minutes. If you are using a convection oven, the cook time will be faster. The cooking temperature of your chicken should be 165 degrees.