

Salt and Serenity

Chicken Thigh Cutlets with Sicilian Cauliflower

A tofu recipe that Michael Symon prepared on The Chew last month inspired this dish. Not being a tofu lover, I adapted it with chicken thighs.

Serves 4

- 1 lemon (zest and juice)
- 2 clementines or 1 orange (zest and juice)
- ½ teaspoon chili flakes
- 1 teaspoon ground cumin
- 1 tablespoon honey
- 2 Tablespoons olive oil
- 8 boneless skinless chicken thighs
- 1 head cauliflower
- 1 Tablespoon olive oil
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 2 tablespoons water
- 2 Tablespoons olive oil
- 1 cup rice flour
- 1/4 cup dry white wine
- 3 large shallots (minced)
- 2 cloves garlic (minced)
- 1/2 cup golden raisins
- 2 tablespoons capers (drained and rinsed)
- ½ cup pine nuts, toasted
- ¼ cup parsley (roughly chopped)
- Kosher salt and freshly ground black pepper (to taste)

1. In a large mixing bowl, whisk together lemon zest and juice, clementine zest and juice, red pepper flakes, cumin, honey and ¼ cup olive oil.
2. Unfold each chicken thigh and place between 2 sheets of sheet of plastic wrap and pound to uniform thickness of about ¼ inch. Place thighs in bowl of marinade and refrigerate for 30 minutes.
3. Cut cauliflower into ¾-inch-thick slices. You want to have flat surfaces to facilitate optimal browning. Cut around core to remove florets; discard core. Transfer florets to bowl, including any small pieces that may have been created during trimming, and mix with 1 Tablespoon olive oil, salt and pepper

4. Transfer cauliflower to a 12 inch skillet and add 2 Tablespoons water.
5. Cover pan and cook over medium-high heat until it starts to brown and edges just start to become translucent (do not lift lid), about 5 minutes. Remove lid, turn florets over and continue to cook, stirring every few minutes, until cauliflower turns golden brown in many spots, about an additional 12 minutes. Remove cauliflower from pan and set aside on a serving platter. Wipe out skillet with a paper towel. It's not necessary to totally clean it.
6. Remove chicken from fridge. Place rice flour in a shallow bowl. Heat 2 Tablespoons olive oil in skillet over medium-high heat. Dip chicken in flour, coat it on all sides and shake off any excess. Add the floured chicken to the pan. Repeat with the remaining thighs. You will probably have to do it in 2 batches to avoid crowding the pan.
7. Cook chicken for about 3-4 minutes until bottom is nicely browned. Turn each piece and cook on the second side, turning down the heat to medium low. Cook for an additional 3-4 minutes until chicken is done. (You can cut into one to check for doneness if you are not sure.) Remove chicken to a plate, tent with foil and set aside.
8. Add white wine to the pan. Cook on medium high heat and scrape up all the brown bits that are stuck to the bottom of the pan. Cook for 1-2 minutes. Add shallots, garlic, raisins and capers and cook for another 2-3 minutes, until sauce is slightly reduced. Season with salt and pepper.
9. Arrange chicken and cauliflower on a serving platter and spoon sauce over them. Garnish with chopped parsley and pine nuts and serve.