

COURSE NAME	The Perfect Poach and Sauces Simplified
INSTRUCTOR	
DATE	
STUDENT NAME	

RECIPE SNAPSHOT

TOTAL TIME	10 minutes		
PREPARATION TIME	5 minutes		
ACTIVE COOKING TIME	2 minutes		
YIELD	Makes about 1¼ cups		
MAKE AHEAD	Sauce can be refrigerated in an airtight container for up to 3 days.		
DIFFICULTY	Easy		

NOTES			

Parsley Sauce with Cornichons and Capers

NOTES FOR THE HOME COOK

A good sauce transforms poached chicken into a satisfying main course. Prepare this sauce (or the next one) in advance or while the chicken is poaching.

INGREDIENTS

8 to 10 cornichons, plus 1 teaspoon brine

- 1 bunch fresh parsley
- 2 scallions
- 1/4 cup capers
- 1/2 cup extra-virgin olive oil
- 1/4 teaspoon pepper
 - Pinch salt

EQUIPMENT

- · Chef's knife
- Cutting board
- Small bowl
- Measuring cups
- · Liquid measuring cup
- Measuring spoons
- · Rubber spatula

INSTRUCTIONS

PREP INGREDIENTS

- Mince cornichons to yield 6 tablespoons. Mince enough parsley to yield 3/4 cup. Transfer both to small bowl with brine.
- Mince scallions and add to bowl. Rinse capers. Chop coarse and add to bowl.

MIX SAUCE

· Add olive oil, pepper, and salt to bowl and mix thoroughly.





