



Chicken Paillard with Greek Farmer's Salad and Tzatziki

July 15, 2022

If you aren't traveling in real time to Greece this summer, you can bring a taste of Greece to your table with this dish. A Greek Farmer's (Horatiki) Salad that savors the best of summer gardens and Farmer's markets. The salad is great on its own, but topped with the grilled lemon-oregano chicken, it becomes a special summer meal bursting with flavor.

Serves 4-6

Grilling Method: Direct/Medium Heat

Ingredients:

4 boneless skinless chicken breast halves
Olive oil

Lemon-Oregano Wet Rub:

2 large cloves of garlic, minced
Zest of two lemons
1 teaspoon coarse sea salt or kosher salt
¼ teaspoon water
½ teaspoon ground pepper
2 teaspoons dried oregano
1 tablespoon olive oil
1 lemon, cut into wedges

Strips of lemon zest for garnishing, optional

Tzatziki (Garlic-Cucumber Yogurt Sauce), below

Horiatiki (Greek Farmers Salad), below

Special Equipment: rolling pin or meat pounder

Method:

1. Preheat the grill. Blot each chicken breast with a paper towel, remove tenderloin if still attached. Brush lightly with oil on both sides (this will make the pounding easier). Place each chicken breast between two pieces of parchment or waxed paper about 8" x 8". Using a rolling

WHAT'S 4 DINNER?

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pin or meat pounder, flatten each breast to about an even ¼-inch thickness. Set aside. *If you don't feel like pounding the chicken, skip this step.*

2. Mix garlic, lemon zest, salt and water in a mortar or a shallow bowl. Grind with the pestle or the back of a fork. Add pepper and oregano and grind again to mix. Divide mixture into 4 equal portions.
3. Brush each piece of chicken "paillard" with olive oil on both sides. Spread each piece with a quarter of the wet rub mixture on both sides with clean fingers or a butter knife, making sure to coat evenly. (Note: the rub is very flavorful and will be too strong if left in clumps on the pieces of chicken.)
4. Using tongs, place the paillards on the cooking grate directly over the heat for about 6-8 minutes, turning once halfway through the cooking time. When the chicken is marked and cooked through, remove from the grill.
5. Immediately squirt 1-2 lemon wedges over each piece of chicken and let sit for 2-3 minutes. Garnish with lemon zest, if desired. Serve topped with Tzatziki sauce and a Greek Farmers' Salad.

Tzatziki (Garlic-Cucumber Yogurt Sauce)

I make tzatziki from whole-milk strained yogurt—you could use Labne as well.

Makes about 2 cups

Ingredients:

2 cups plain yogurt, preferably Greek yogurt
½ medium seedless cucumber, peeled and diced
3 cloves of garlic, grated with a microplane
1-2 tablespoons Extra-Virgin olive oil
½ teaspoon fresh squeezed lemon juice
Kosher salt
Fresh ground pepper to taste

Method:

1. If using regular yogurt, Place the yogurt in a strainer set over a large bowl. Allow to drain overnight in the refrigerator. Discard liquid. If using thick Greek yogurt, you can skip this step.
2. In a medium bowl, mix the yogurt with the diced cucumber, garlic, olive oil, lemon juice, salt and fresh ground pepper. Mix well. Refrigerate before serving.

Tip: Make the Tzatziki up to three days in advance. The flavors intensify and actually taste better once they've had a chance to meld. Just be sure to stir before using as the cucumbers give up their juice as they sit.

WHAT'S 4 DINNER?

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Garlic Tip: The older the garlic, the stronger it tastes. If your garlic is a little past its prime but hasn't started sprouting yet, you can still use it, just reduce the quantity by half if you don't like a strong garlic flavor. Likewise, if you love the taste of garlic and your garlic is extremely fresh and firm, increase the amount of garlic for a more pronounced flavor.

Horiatiki (Greek Farmers Salad)

The vegetables in this salad will keep for several days in a well covered container in the refrigerator which makes it convenient for weekday meals. You can prep it in advance, and it will be ready to assemble when you are ready to eat your salad.

Serves 4-6

Ingredients:

- 1 (12-ounce) container cherry tomatoes, cut in half
- 1 European (long seedless) cucumber, peeled and cut into ½-inch chunks
- 1 yellow, orange or red bell pepper cut into strips
- 1 small red onion, cut in half and sliced into semi-circle rings
- 20 oil-cured black olives, more or less to taste
- Kosher salt
- Freshly-ground pepper
- 1 teaspoon dried oregano
- 1-2 ounces feta cheese, cut into slices.

Method:

1. Wash tomatoes and cut in half.
2. Wash cucumbers and cut ends off cucumbers and discard. Slice cucumbers into a salad bowl and add tomatoes.
3. Add sliced onions and olives. Mix well and season with salt, pepper and dried oregano.
4. If using the feta cheese, serve Greek style with the cheese laid on top in thick slices or cut into big chunks.
5. Serve with chicken paillard and tzatziki immediately.