

# G R E A T C H E F S O F B O S T O N

## Miel's Chicken à la Mentonnaise

by Clint Hamblin

Hurray, it's National Honey Month, and what better way to celebrate sweet September than with a visit to Boston's first Provence-themed brasserie, Miel Brasserie Provençale? In French, Miel translates to honey, and this InterContinental Hotel restaurant celebrates the flavors of France's Côte d'Azur region, focusing on herbs, lavender, olive oil and, you guessed it, honey. Miel serves Cuisine du Soleil (cuisine of the sun) in its beautifully appointed indoor dining room and on its outdoor patio overlooking Boston Harbor.

Olive oil anyone? Three tiny tasting glasses arrived with three very different oils. Les Rameaux d'Or is a Capelas Dos Olivais from Portugal. Tre Colli is from Italy, and Chateau Virant Aix en Provence from France. Each sip revealed a distinct olive taste from light and grassy to fuller and more robust.

Miel's Fruits De Mer or Seafood Raw Bar included oysters, clams, lobster claws and mussels, and they are fresh and quite superb. Miel is one of the few restaurants in Boston serving authentic French langoustines, a small lobster-like shellfish with a

light and sweet meat inside.

Chef Josean Rosado has created a rather healthy menu of out of the ordinary dishes starting off with a Chilled Pea Soup with Black Truffle Foam and Crab Salad, which went very well with the Bijou du Vermont, warm (Vermont) goat cheese with frisée, spicy candied pine nuts and rosemary honey dressing.

Rosado's Parmesan Artichoke Dip is outstanding. The artichoke hearts are cooked, marinated and blended until smooth. Served warm or room temperature, this is an incredibly delicious dip you won't be able to stop eating.

The Scallop and Roquette Salad features seared scallops and farm-raised mushrooms with lemongrass acacia honey vinaigrette. You will close your eyes as you bite into the barely cooked scallop.

La Bouillabaisse is a traditional and well-recognized seafood stew including lobster, sea bream, codfish, Arcadian redfish, merluza, red mullet and garlic crouton rouille. Every lover of seafood should fall in love with this mélange of ocean treasures.

The light and delicious sea bream comes to the table totally encapsulated in a salt crust. This delicious white fish is baked



Chicken à la Mentonnaise

whole in salt, separated at the table and served with a tarragon sauce.

Desserts include Flourless Chocolate Torte with Olive Oil Ice Cream. Yup, that's ice cream made with olive oil. Chocolate Fondant with Pistachio Ice Cream and Apricot Sauce might taste more familiar, but the Artisanal Cheese, five imported cheeses with pear-fig chutney, beet chips, pear chips and a baguette will arouse your curiosity. When was the last time you had a pear chip? It's a great idea with a great taste.

Even if you find chicken boring, you'll flip over Miel's Lemon Honey Free Range Chicken à la Mentonnaise Roasted with Onion Marmalade. There's something special about combining chicken with the taste of honey and this dish is easy to make with any kind of chicken.

### Chicken à la Mentonnaise

#### Ingredients

- 1 10-ounce airline chicken breast (with the wing still attached)
- 2 tablespoons acacia honey
- 1/4 cup caramelized onions
- 2 tablespoons fava beans
- 1 tablespoon lemon zest
- 4 each cherry tomatoes
- 1 tablespoon garlic
- 2 tablespoons green olives, pincholine variety
- 2 each turned potatoes (2-inch by 1-inch)
- 4 ounces chicken jus

#### Preparation

Remove the wing tip of the breast so that only the drum part remains attached. Pan-sear the chicken breast with the skin side facing down. Remove chicken from the pan and finish cooking in the oven. In the same sauté pan, add the honey to deglaze.

Add all the other ingredients except the chicken jus, and sauté until heated through. Then add chicken jus and reduce to desired consistency. Place the chicken on the plate and pour the vegetables and sauce over the chicken.

#### Wine Pairing

Miel General Manager Sophie Lunardi recommends a good Rose like Domaine Ott, Bandol.

#### Signature Cocktail

Guess what is in the Queen Bee Cocktail? Honey, of course, and this unusual combination is simple and very refreshing.

#### Ingredients

- 2 ounces Absolut Vanilla
- 2-3 dashes of honey simple syrup (4 parts honey to 1 part hot water – let cool)
- Lemon twist garnish

#### Preparation

Shake with ice and serve in a martini glass.



Queen Bee Cocktail



Parmesan Artichoke Dip

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