

TO SLEEP PER CHANCE TO DREAM

So I have been mucking around with roasted peppers and what not more or less fairly recently and since then I have been thinking of a sandwich I used get at my work's cafeteria. It was chicken, mozzarella, and roasted red pepper on a ciabatta. I have finally gotten around to trying making it myself. VERY TASTY, but I think I may be missing something. Now, I could cheat and go in and get another one, but where would be the fun in that?

This is REALLY tasty, but like I said, it is missing something.... something subtle I think. I'll probably tweak this in the future, but until then I HIGHLY recommend trying this out. If you figure out what the missing element, PLEASE LET ME KNOW!

And by the way... this recipe makes (Qty. 4) sandwiches. Cut in half if you are not that hungry!

And by the way +1... I have pictures for this one

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
8	-----	Bone in Chicken Thighs with Skin
2	-----	Mediumish to Large Red Bell Peppers
2	8 oz. Balls	Fresh Mozzarella
1	16 oz. Bottle	Ken's Steak House Zesty Italian Dressing & Marinade
4	-----	Ciabatta Buns
2	TBSP	Land o' Lakes Salted Butter
AR	-----	LVO

Why bone in with skin? Well, I have plans to make some stock. Boneless, skinless is fine too and won't take as much work!

Yes, the mozzarella needs to be fresh. It is one of the things that stuck in my mind about being memorable of the original

OK... the dressing / marinade... I like the Ken's Steak House stuff. But, as with all things cooking, use what you like! It DOES, however, have to be some sort of oil / vinegar type dressing / marinade. I don't think Chunky Bleu Cheese would work here!

Yes, I do think it has to be ciabatta. I can't quite picture anything else working with the POSSIBLE exception of focaccia. You'll probably have to go to the bakery section

Insert standard blurb about salted butter here

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls
- Vacuum seal bag holder [i]
- Sous Vide Machine [ii]
- Sous Vide Rack [v]
- Stainless Steel Chop Sticks [vi]
- Serrated bread knife

PREPARATION

DAY BEFORE

- 1) Make (Qty. 2) 4 line vac seal bags and set aside [iii]
- 2) Get out a 1 qt. vac seal bag and set aside
- 3) For each chicken thigh
 - a. De-skin and de-bone the chicken thighs
 - b. Put the skin and bones in a Tupperware container and set aside
 - c. Trim off extra fat from the chicken thighs
 - d. Put the extra fat in the same Tupperware container with the skin and bones
- 4) Vac seal the skin, bones, and extra fat in the 1 qt bag
- 5) Label and place in freezer for use in future projects [iv]
- 6) Split the dressing / marinade into two portions
- 7) Split the chicken thighs between the two vac seal bags
- 8) Add one portion of the dressing / marinade to each vac seal bag
- 9) Vac seal [iii]
- 10) Place in fridge overnight

DAY OF

- 1) Check Sous Vide water and replace as necessary
- 2) Add water as necessary to hit the max fill line
- 3) Heat the Soud Vide to 176 def. F [vii]
- 4) When Sous Vide reaches temperature, remove 1 qt. of water and set aside
- 5) Place the chicken bags in the Sous Vide rack and weave through chop sticks to prevent the bags from floating
- 6) Place the Sous Vide rack with chicken into the Sous Vide
 - a. If the water starts to rise above the Max Fill line, remove the rack and remove more water and set aside
 - b. Place the rack back in the Sous Vide
- 7) Add the set aside water to fill to the Max Fill line
- 8) Cover the Sous Vide machine and let heat until it recovers temperature
- 9) Set a timer for 4 hours
- 10) About 50 minutes out from the timer expiration....
- 11) Rinse the two red bell peppers

- 12) For each pepper
 - a. Slice off the top and bottom as close to possible to the top and bottom
 - b. Remove the stem from the top and set the top and bottom aside in a Tupperware container.
 - c. Now I am going to try to explain these next steps, but I am not sure successful I will be, so here it goes
 - d. Set the pepper on its bottom and slice down one side of the pepper
 - e. Set the pepper on its side and gently roll out and slice the ribs and seeds out as you go
 - f. Discard the seeds and ribs
 - g. Score the flesh so the roll lays flat
 - h. Place the pepper and trimmings in the same Tupperware container with the top and bottom
- 13) Put the rack in the middle position of your toaster over and heat to 425 deg. F on Roast with Convection
- 14) Lightly grease a ¼ sheet pan with LVO
- 15) Place the red bell pepper rolls on the ¼ sheet pan and brush each side with LVO
- 16) Make sure the pepper rolls are skin side up and place in the toaster oven
- 17) Cook until you start seeing noticeable char on the skin , checking about once every 10 minutes or thereabouts
- 18) Slice the ciabatta buns in half and set aside
- 19) Slice the mozzarella as thin as you can while maintaining slice integrity and set aside [viii]
- 20) When the bell peppers are done, pull out and place under a heat dome
- 21) Add enough LVO to a stainless steel fry pan to cover the bottom
- 22) Heat the pan until the oil is shimmering [ix]
- 23) Melt 2 TBSP butter in the uWave on low
- 24) Brush the ciabatta on all sides with the melted butter
- 25) Pull the chicken from the Sous Vide and dry the bags
 - a. If you are not going to be using both bags, place one in the fridge
- 26) Drain the chicken from each bag into a separate 1 qt. measuring cup through a metal strainer
- 27) Place the chicken into the stainless steel pan and sear each side until nicely browned (should be somewhere on the order of a few minutes)
- 28) Stack each sandwich
 - a. Bottom bun
 - b. Brush the inner side with a LITTLE bit of the drained dressing / marinade
 - c. Red bell pepper
 - d. Two chicken thighs
 - e. Mozzarella slices to cover the chicken
 - f. Brush the inner side of the top half of ciabatta with a LITTLE bit of the drained dressing / marinade
 - g. Place the top bun on..... top
- 29) Place two sandwiches on a lightly greased ¼ sheet and into the toaster over
- 30) Cook until the buns are lightly browned
- 31) Remove the sandwiches from the toaster oven and let sit for at least 5 minutes [x]
- 32) Cut in half
- 33) Plate
- 34) ENJOY!!!

CLOSING THOUGHTS

20220212 (SATURDAY):

Ahh!!! I may have an idea! I don't think this was in the original sandwich, BUT maybe adding some sliced roasted tomato? That might give a little bit of a nice little acid hit to the overall sandwich. Hmm.... I am seriously thinking about breaking out my deli slicer for this. I am also going to make my own ciabatta at some point. Too much to do in too little time. The woods are lovely dark and deep, but I have promises to keep and many miles to go before I sleep.

NOTES

- i. You'll see it in the pic's. This thing makes some stuff SO much easier. Unfortunately, I can't find this anymore! All of my more or less recent queries come back as "not available, we don't know when it will be in". Ughh.. But don't worry, you can still get by, you'll just need to be a bit more careful
- ii. Can you get by without a Sous Vide? I think so, but Sous Vide does REALLY well with certain things and chicken is one of them
- iii. For most things these days, I make two double seals; the second as close as possible to the first
- iv. One of these days I'll get around to making my stock
- v. These things can still be found. The help "organize" the bags o' stuff in the Sous Vide and keep them vertical to allow optimum water circulation
- vi. OK.... The chopsticks DON'T have to be stainless steel, but you can use the stainless steel ones over and over and over and over..... (and over)
- vii. I think 176 deg. F takes about 1 hour for my machine
- viii. The slices I did show on the pictures may have been a bit thick
- ix. If the oil starts to smoke, reduce the heat. If it does not shimmer, increase the heat
- x. OR until your hunger overtakes you good sense

PICTURES



























