



# INSTITUTE FOR PEAK HEALTH

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## Chicken Under a Brick

Recipe by Alex Guarnaschelli

### Ingredients:

- 2 tbsp avocado oil
- 2 8-ounce bone-in, skin-on chicken breasts
- Salt and pepper, to taste
- 1 tbsp sesame seeds
- 2 tbsp unsalted butter or ghee, softened
- 2 tsp coconut aminos
- 1 lemon
- Mint leaves

### Instructions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper or foil.
2. In a medium oven-proof skillet, heat oil over medium heat.
3. Season the chicken breasts with salt and pepper, then place in the hot oil, skin side down. Place a piece of foil over the breasts and top that with a smaller pan and something heavy in the center (such as a can) to weight the meat down while it cooks. Cook over medium heat for 15-20 minutes. Do not disturb.
4. Once the skin is browned and crisped, remove the weights and turn the pieces over, and continue cooking the chicken until it is cooked through, about 8-10 minutes. You may also insert a meat thermometer and cook until the internal temperature reaches 165°F.
5. Meanwhile spread the sesame seeds in an even layer on a baking sheet and place in the oven. Toast the seeds until they are a light brown, about 3-5 minutes. Remove from the oven and let cool.
6. While the chicken is baking, make a compound butter by whisking the butter or ghee with a few grates of lemon zest, sesame seeds, and coconut aminos. Season with salt, to taste.
7. Before removing chicken from the pan, top with some of the compound butter. Arrange on a platter, skin side up and top with remaining compound butter. Top with mint leaves. Serve immediately.