

Chicken

Chicken Dijonnaise

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Palm Beach Post

Servings: 4

3 tablespoons unsalted butter, divided
2 tablespoons oil, divided
3 6-ounce boneless/ skinless chicken breasts
2 medium shallots, finely chopped
1/2 cup white wine
1 cup chicken stock
2 medium cloves garlic, minced
3/4 cup whipping cream
3 tablespoons whole grain Dijon mustard
1 tablespoon fresh tarragon (or one teaspoon dried leaf), finely chopped
1 teaspoon fresh thyme (or 1/2 teaspoon dried leaf), finely chopped
salt (to taste)
ground white pepper (to taste)
1 tablespoon parsley (for garnish), chopped

In a large skillet, heat two tablespoons of the butter and one tablespoon of the oil over medium-high heat.

Add the chicken breasts and saute' over medium-high heat until golden brown on both sides. This ensures that the juices will be seared in. Remove the chicken from the skillet to a dish and cover to keep warm.

Add the remaining butter and oil to the skillet and heat until foamy. Add the shallots and saute' about 2 minutes or until softened.

Add the wine, chicken stock and garlic. Bring to a boil. Boil until the liquid is reduced to about 1/2 cup.

Whisk in the cream and mustard and bring to a boil. Cook until slightly thickened.

Add the tarragon, thyme, salt and pepper. Whisk well. Taste for seasoning.

Return the chicken breasts and extra juice from the chicken to the skillet and cook about 5 minutes longer or until the chicken is opaque throughout, depending on the thickness.

Place on a platter and garnish with fresh parsley.

Per Serving (excluding unknown items): 322 Calories; 32g Fat (94.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 557mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.