
Chicken with Mustard and Tarragon Sauce

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1 tablespoon butter or margarine
1 tablespoon olive oil
2 whole chicken breasts, split
salt (to taste)
pepper (to taste)
3/4 cup shallots, chopped
1/4 cup brandy
1 cup chicken broth
1/2 cup whipping cream
4 tablespoons chopped fresh tarragon (or 3/4 teaspoon dried)
2 teaspoons Dijon mustard
cooked rice or egg noodles

Melt the butter with oil in a heavy large skillet over high heat. Sprinkle the chicken with salt and pepper. Cook, skin-side down, until brown, approximately 5 minutes. Turn the chicken and cook an additional 2 minutes. Transfer the chicken to a plate.

Add the shallots to the skillet. Reduce the heat to medium-low. Saute' until soft, approximately 3 minutes. Add the brandy. Simmer until the liquid is reduced, scraping the browned bits, approximately 2 minutes. Whisk in the broth. Return the chicken to the skillet, skin-side up. Cover and simmer for approximately 20 to 30 minutes. Transfer to a serving plate.

Whisk the cream, tarragon and mustard into the skillet. Increase the heat to high. Boil until the sauce is thickened. Season with salt and pepper. Pour over the chicken.

Serve with rice or noodles.

(NOTE: Bone-in chicken breasts seem to be juicier, but boneless work well. Removing most of the skin, while leaving a little, also adds flavor.)

Chicken

Per Serving (excluding unknown items): 904 Calories; 71g Fat (81.2% calories from fat); 11g Protein; 26g Carbohydrate; trace Dietary Fiber; 194mg Cholesterol; 1066mg Sodium. Exchanges: 1/2 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 14 Fat; 0 Other Carbohydrates.