



CS Chicken Florentine with Mushroom Cream Sauce

(Pollo alla Fiorentina con Salsa di Crema di Funghi)

Source: adapted from Natural Grocers Bob and Robin Young, Boise, ID
The Captain's Shack 4 April 2020

Total Time: 30 min

Serves: 4

Note: It's also great served over baked spaghetti squash or your favorite pasta. Pairs well with a Pinot Noir

Ingredients:

1¼ lbs boneless, skinless chicken breasts, sliced against the grain into 1-inch strips

Celtic Sea Salt and fresh ground Tellicherry Black Pepper

3 T unsalted Butter, divided

1 lg Shallot, finely diced

2 lg cloves Garlic, minced

4 oz Crimini Mushrooms, wiped clean and sliced

¾ c low sodium Chicken Broth, divided

1 T Apple Cider Vinegar

1 c Heavy Whipping

2 c Baby Spinach

¼ c Parmesan Cheese Shreds, optional

Directions:

Heat a large deep skillet or Dutch oven over medium heat. Generously salt and pepper all sides of each piece of chicken. Add two tablespoons of butter to the skillet. Once the butter has melted and the foaming has subsided, add the chicken pieces and cook 2-3 minutes per side, until browned and mostly cooked through.

Transfer the chicken to a plate and tent with foil. Add a tablespoon of butter to the pan along with the shallots and garlic. Sauté, stirring frequently, for one minute. Add the mushrooms and cook, stirring occasionally, until they just begin to soften, 2-3 minutes. Increase the heat under the skillet to medium-high and add ¼ cup of the chicken stock and the vinegar to the pan. Cook until the broth is mostly evaporated, scraping any browned bits from the bottom of the pan. Add the remaining ½ cup of chicken stock, the cream, and the salt and stir well.

Heat the sauce until it just starts to bubble, reduce the heat slightly to maintain a gentle simmer, and simmer for about 3 minutes. Add the spinach and stir to combine. Add the chicken and any juices that have accumulated on the plate to the sauce. Nestle the chicken pieces into the sauce and continue to simmer for another 3-4 minutes.

To serve, divide among serving plates and top each with a sprinkling of Parmesan cheese. Serve over Angel Hair Pasta with a Pinot Noir.