



Chicken Breasts with Tarragon.

Source: Isaac Kimura

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Bob and Robin Young, Boise, ID *The Captain's Shack*

Prep: 15min Cook: 20 min Total: 35min

Note: This is a simple, straight-forward French style chicken sauté. Once mastered, it can provide a tasty chicken breast with sauce meal in a half hour or so. At the end, I like to add some chopped arugula for another flavor layer.


Ingredients-

2 boneless skinless organic Chicken Breasts or Thighs
Celtic Sea Salt and freshly ground Tellicherry Black pepper
2 T All Purpose flour
3 T unsalted Butter, divided (2Tbsp, 1 Tbsp)
1-2 T chopped Shallots or Red Onion
 $\frac{1}{3}$ c Dry White Bordeaux wine, Sauvignon Blanc
1 t fresh chopped Tarragon or $\frac{1}{2}$ tsp dried
pinch of dried Thyme
1 c Chicken Stock, more as needed
3 T Heavy Cream, optional
 $\frac{1}{4}$ c Arugula, chopped, optional

Directions:

MISE EN PLACE: Trim chicken breasts of any gristle or membranes and leave on plate up to come to room temperature, up to 30 minutes prior to cooking. Measure out flour in medium bowl to dredge chicken. Chop shallots and put in prep bowl. Divide butter and put in prep bowl. Measure out wine. Measure out herbs.

PREP THE CHICKEN: Slice chicken breasts crosswise into 2 inch slices. Season with salt and black pepper. Dredge in flour. Reserve any remaining flour.

SAUTE THE CHICKEN: In a large skillet over medium heat, melt the butter and allow foam to die down. Add the chicken  to the pan. I like to turn the breast pieces over, cooking for one minute on each side then turning, for a total of 4-5 minutes. Move to a warm plate while making the sauce.

MAKE THE SAUCE: To the same pan, add the remaining 1 Tbsp butter and shallots and sauté until soft about 1 minute. Add the wine and sauté until nearly evaporated. Add the flour and mix to make a thick paste. Add the herbs on top, then stir in the chicken stock. Mix to incorporate, then bring to a medium boil and reduce for a few minutes until it thickens slightly.

COOK THE CHICKEN: Add the chicken back into the sauce, reduce heat to medium-low (barely bubbling), and allow the chicken to poach for 5 minutes, turning once or twice to distribute the cooking to both sides. Remove the chicken to a serving plate, then season the sauce with more salt and black pepper. Add cream if desired and stir until heated through. Add chopped arugula, if using, and cook for about 2 minutes and stir.

SERVE THE CHICKEN: Remove from heat and allow the chicken to sit for a minute before serving. Pour the sauce over chicken after plating. Goes well with pasta, rice or in a pinch, toasted bread.