



ETL Chicken Breasts Diane

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 5 minutes

This is a relatively quick recipe for chicken breasts that has an accompanying sauce that will bring the chicken to a whole new level.



PREP CHICKEN (10 minutes)

CHICKEN

4 each chicken breast, skinless, boneless, trimmed of excess fat and then halved

1/2 teaspoon salt

1/2 teaspoon black pepper

2 tablespoons olive oil

2 tablespoons butter, divided

SAUCE

8 ounces mushrooms, cremini, cleaned, de-stemmed and then sliced

1 large shallot, finely chopped

1 clove garlic, minced

2 tablespoons brandy (or cognac)

1/2 cup chicken broth

1/4 cup cream

1/2 each lemon, juiced

2 teaspoon Dijon mustard

1 tablespoon Worcestershire sauce

1/2 teaspoon smoked paprika

2 tablespoons parsley, chopped

salt and pepper, to taste

Place chicken breast halves between sheets of waxed paper or plastic wrap. Pound slightly with a mallet to basically to even out the thickness of the cutlets.

Sprinkle with salt and black pepper on both sides.

COOK CHICKEN (15 minutes):

Heat 1 tablespoon each of oil and butter in large skillet or cast iron skillet.

Cook chicken in 1-2 batches (depending on how they fit in skillet...if 2 batches add another tablespoon of olive oil to the pan prior to putting in the 2nd batch), over high heat, for 3 - 3-1/2 minutes on each side. **DO NOT OVERCOOK** or they will be overcooked and become dry. Transfer each batch to a warm serving platter.

MAKE SAUCE (10 minutes):

Reduce heat to medium. Add mushrooms and remaining 1 tablespoon of butter with a pinch of salt; cook, stirring occasionally until mushrooms release liquid and begin to brown, about 4-5 minutes.

Add shallot & garlic and cook, stirring often, until tender, about 3 minutes.

Add brandy and cook for another 15 seconds whisking constantly (FLAMBE, optional; see NOTES).

Whisk in broth, cream, lemon juice, mustard and Worcestershire sauce. Stir until sauce is smooth.

ETL: The beauty of Diane sauce lies in its simplicity, as it's meant to complement rather than overpower the main ingredient: the chicken. To make the dish shine, it's crucial to cook the chicken to perfection. The sauce, on the other hand, acts as a delightful enhancer that adds moisture and a complementary flavor profile. With hints of lemon subtly infusing the mushrooms, the dish not only tastes delicious but also looks visually appealing. The citrusy notes of lemon and the herbaceous undertones of parsley bring a subtle yet distinct dimension to the sauce, elevating the dish to new heights.

TIP: THICKENING SAUCE: If you want the sauce to be a little thicker, stir in a corn starch slurry (1 tbsp cornflour such as Masa Harina, mixed with 3 tbsp cold water). Pour into the bubbling sauce, slowly, whilst stirring, until thickened to your liking.

NOTE: Flambé is the French word for "flamed" or "flaming. Liquor is poured over food and ignited, leaving behind the subtle flavor of the liquor or liqueur without the lingering flavor of alcohol. The technique is used for its caramelization flavor as well as its exciting tableside flair. Only use if you are familiar with all precautions using this method.

Stir in parsley and salt & pepper to taste (adding pepper will add spiciness to the dish, so monitor the amount accordingly).

Pour sauce over chicken. Serve immediately.

Per Serving (excluding unknown items): 348 Calories; 16g Fat (44.5% calories from fat); 43g Protein; 3g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 444mg Sodium; 2g Total Sugars; trace Vitamin D; 29mg Calcium; 1mg Iron; 793mg Potassium; 435mg Phosphorus. Exchanges: .

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