



## Sautéed Chicken Breast with Apples & Curry Cream

Serves 2

### Ingredients

- 1 apple, such as Braeburn or Golden Delicious
- 1 tsp. sugar
- 2 Boneless, skinless chicken breasts
- Salt & pepper
- 1 Tbs. olive oil
- 2 Tbs. butter
- 2 tsp. finely chopped shallots
- ½ tsp. curry powder
- ¼ cup brandy
- ½ cup chicken broth
- ¾ cup cream
- 2 tsp. chopped Italian parsley, for garnish

### Directions

1. Peel and core the apple. Slice it into ¼-inch wedges. Heat a skillet over medium-high heat. Add 1 Tbs. butter. When the foam subsides, add the apples and 1 tsp. sugar. Sauté the apple wedges till golden brown (about five minutes). Set aside.
2. Slice the chicken breasts into two or three roughly equal pieces, depending on how large the breasts are. Pound them lightly between two sheets of plastic wrap, so that they are an even thickness which will cook quickly.
3. Heat a skillet large enough to accommodate all the chicken pieces in one layer. Add the 1 Tbs. each of olive oil and butter to the pan.
4. Sprinkle the chicken liberally with salt and freshly ground pepper. Tilt the pan to distribute the oil and butter evenly. As soon as the foam subsides, add the chicken to the pan, skinned side down. Cook the chicken over medium-high heat till lightly browned. Turn over the pieces and continue to cook until the meat bounces back when pressed with a finger.
5. Remove the chicken from the pan and keep warm while you make the sauce. Add the shallots to the pan and sauté them for a minute or so, till softened. Add the curry powder and stir for a moment.
6. Add the brandy to the pan, scraping up browned bits. Reduce the liquid down to a couple of tablespoons.
7. Add the chicken stock and reduce by half. Whisk in the cream and reduce slightly to desired consistency. Season to taste with salt. Pour the sauce over the chicken and serve immediately with the apples arranged decoratively on the plate. Garnish with a bit of chopped parsley.

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