Sautéed Chicken Breast with Shallots & Thyme

Serves 2

Ingredients

- 2 Boneless, skinless chicken breasts
- Salt & pepper
- Flour for dredging
- 1 Tbs. olive oil
- 1 Tbs. butter
- 2 Tbs. sliced shallots
- ½ cup white wine
- 1 Tbs. wine vinegar
- ½ cup chicken broth
- 1 tsp. fresh thyme, chopped
- 2 Tbs. cold butter
- 2 tsp. snipped chives
- 2 tsp. chopped Italian parsley

Directions

1. 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.

2. 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. Tilt the pan to distribute the oil and butter evenly.

3. Sprinkle the chicken liberally with salt and freshly ground pepper. Dredge the chicken in flour, shaking off the excess.

As soon as the butter 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.

4. 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 wine and vinegar to the pan, scraping up browned bits. Reduce the liquid down to a couple of tablespoons.

5. Add the chicken stock and reduce by half. Add the thyme.

6. Whisk in 2 Tbs. cold butter, bit by bit to emulsify. Whisk in the chives and chopped parsley. Season to taste with salt and freshly ground pepper. Pour sauce over the chicken and serve immediately.