

Le Bon Bouffe

Dan Ralston's Kitchen

Sautéed Chicken a la Le Bon Bouffe

Serves 4

4 Chicken Breasts

1 Cup Flour

Salt and Freshly Ground Pepper to Taste

1 Large Shallot, finely chopped

4 Tbsps (divided use) Unsweetened Butter

2 Tbsps Olive Oil

1 Cup White Wine

Skin, bone, and halve the chicken breasts. Place the pieces between sheets of plastic wrap and pound to flatten them to approximately 1/2 inches thick. Put the flour in a plastic or paper bag large enough to hold the chicken breasts. Add the salt and pepper to the bag and shake to combine with the flour. Add the pounded chicken breasts to the bag and shake to coat evenly.

In a large skillet heat the oil and 2 tablespoons of the butter until hot but not smoking. Add the shallot and sauté, stirring constantly, until the shallot is just soft. Shake the excess flour off of the chicken and sauté approximately 4 minutes per side; or until golden brown and cooked through. Remove the chicken and keep hot in a warm oven.

Add the white wine to the skillet and increase the heat to high. Deglaze the skillet by scraping up the brown bits with a wooden spoon. Stirring constantly reduce the sauce by half then add the last 2 tablespoons butter and stir until incorporated. Pour the sauce over chicken and serve immediately.

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