
Grilled Chicken Breasts with Tarragon-Mustard Sauce

Marinade

- 2 tablespoons extra virgin olive oil
- 1 tablespoon tarragon wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

- 4 boneless, skinless chicken breasts, 5 to 6 ounces each

Sauce

- 2 tablespoons unsalted butter
- 1 tablespoon finely chopped shallot
- 2 tablespoons all-purpose flour
- 1-1/2 cups chicken broth
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon dry mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup heavy cream
- 1 teaspoon dried tarragon

In a small bowl mix the marinade ingredients. Put the chicken breasts on a plate and pour the marinade over, turning to coat both sides. Allow the breasts to marinate at a cool room temperature for 30 minutes.

In a small saucepan over Medium-Low heat, melt the butter and cook the shallot for 1 to 2 minutes, stirring occasionally. Add the flour and cook for 2 minutes. Add the chicken broth, Worcestershire sauce, mustard, salt, and pepper. Bring to a boil,