

## Sauteed Chicken with Five Easy Sauces

*Pounding chicken breasts to a thin, even thickness really speeds up cooking time. Follow these classic techniques to make one of five different sauces perfect for accompanying chicken breasts. What's your mood tonight?*



### Chicken with Pan Sauce

**Start to Finish:** 35 minutes **Makes:** 4 servings

- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 5 tablespoons cold butter
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1/4 cup finely chopped shallot (2) or onion
- 2 tablespoons whipping cream

1. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound the chicken lightly to about 1/4 inch thick (see photo 2, page 465). Remove plastic wrap. Sprinkle with salt and pepper.

2. In a large skillet melt 1 tablespoon of the butter over medium-high heat. Reduce heat to medium. Cook chicken for 6 to 8 minutes or until no longer pink, turning once. Transfer chicken to a platter; keep warm.

3. Add wine, broth, and shallot to hot skillet. Cook and stir, scraping up browned bits from the bottom of the pan. Bring to boiling. Boil gently for 10 to 15 minutes or until liquid is reduced to 1/4 cup.\* Reduce heat to medium low.

4. Stir in cream. Add the remaining 4 tablespoons butter, 1 tablespoon at a time, stirring after each addition until butter is melted. Sauce should be slightly thickened. Season with additional salt and pepper. To serve, spoon sauce over chicken.

**\*Note:** It is important to reduce the liquid to 1/4 cup or the sauce will be too thin.

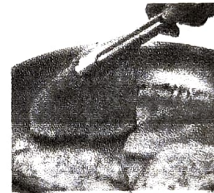
**Balsamic-Caper Sauce:** Prepare as above, except stir 2 teaspoons balsamic vinegar and 2 teaspoons drained capers into finished sauce.

**Lemon-Herb Sauce:** Prepare as above, except stir 2 teaspoons fresh lemon juice and 2 teaspoons snipped fresh thyme, chervil, or parsley into the finished sauce.

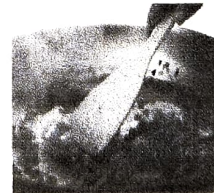
**Mushroom-Tomato Sauce:** Prepare as at left through Step 1. In a large skillet cook 1 cup sliced fresh shiitake, porcini, or button mushrooms in 1 tablespoon of the butter over medium heat until tender. Remove mushrooms from skillet. Continue as directed in Step 2, using the same skillet. Along with the cream, add cooked mushrooms and 2 tablespoons snipped, drained, oil-packed dried tomatoes. There will be only 3 tablespoons of butter to add in Step 4. Stir 2 teaspoons snipped fresh basil or parsley into the finished sauce.

**Mustard Sauce:** Prepare as at left, except stir 1 tablespoon snipped Italian parsley and 2 teaspoons Dijon-style mustard into the finished sauce.

Per breast half + 2 tablespoons sauce all variations: 325 cal., 20 g total fat (10 g sat. fat), 117 mg chol., 444 mg sodium, 2 g carbo., 0 g fiber, 27 g pro.  
Daily Values: 14% vit. A, 1% vit. C, 3% calcium, 6% iron  
Exchanges: 4 Very Lean Meat, 4 Fat



1. Brown pounded breast halves quickly in butter until golden and no longer pink inside. Place on a warm platter and cover with foil to keep warm; set aside.



2. After adding the wine, broth, and shallot, scrape the flavorful browned bits from the bottom of the pan. Boil the liquid to reduce it and concentrate the flavors.



3. Stir in cream, then butter, 1 tablespoon at a time, to thicken the sauce.

① Sauce

• 치킨 연하게 하기 위해 두드려서 (2cm 두께)

• 고기 두께 2cm. 후추 뿌리기

• 팬에 버터 두르고 굵은 → 구워 낸다

• 양파 다지기.

• 고기 구워낸 팬에 와인, 치킨 broth, 양파 넣어 섞고 다음 구워낸 치킨 넣어 약불로 끓이기 → 레핑크림 넣는다.

• 어느정도 끓여지면 거기에 남은 4 Tab 버터 조금씩 넣어 녹이기

• 반사믹, 케이퍼 넣어 다시 끓인다. 그릇에 치킨부터 담고 그릇에 소스 부어 낸다

② Sauce