

Chicken in Milk with Sweet Potatoes

A major riff on a Jamie Oliver recipe.



- 1 1/2 tablespoons unsalted butter
- 4 chicken breast halves without skin, drained, blotted dry
- 1 small shallot, minced
- 2 medium sweet potatoes, peeled, halved, 1/2" slices
- 1 1/2 cups whole milk
- 1/4 cup heavy cream
- 1 teaspoon Dijon mustard
- 2 teaspoons grated ginger root
- 2 pinches ground cinnamon (or use a whole stick)
- 3 cloves garlic, minced
- Salt and freshly ground black pepper to taste
- 2 tablespoons cilantro, minced (garnish), or parsley

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

If you have chicken with skin, by all means use it. Even better, use bone-in chicken. Boneless, skinless chicken breasts was what I had on hand. And chicken breasts cook in a flash, so be careful not to overcook them. You'll NOT be happy with the results.

1. In a large skillet (with a lid) melt butter. When it begins to sizzle, add the chicken breasts and brown gently on both sides until they show golden color, about 2 minutes per side. Remove to a plate.
2. Add shallot to the skillet and cook for about 3-4 minutes until it's translucent. Add the sweet potatoes and allow them to brown on both sides, just a little bit, 3-4 minutes.
3. Pour in the milk and cream, then add Dijon, mustard, garlic and cinnamon. Mix well, blending in the mustard. Bring to a very low simmer, cover and cook slowly for about 10 minutes, until sweet potatoes are nearly done. Test them with a knife - you want them to stay together but be barely edible at this point.
4. Add the chicken pieces in the skillet, cover and simmer for 3-4 minutes, until they are cooked through. Do NOT overcook them or they'll be dry.
5. The sauce will have separated - it's not exactly a pretty picture - but it tastes great. If desired, slightly mash the sweet potatoes with a fork or potato masher, place chicken on top of the potatoes, then pour the lumpy sauce over both. Garnish with fresh cilantro or parsley and serve immediately.
6. You can also make the chicken without sweet potatoes, but prepare rice or mashed potatoes - and drizzle the separated sauce on top.

Per Serving (excluding unknown items): 353 Calories; 15g Fat (37.7% calories from fat); 32g Protein; 22g Carbohydrate; 2g Dietary Fiber; 113mg Cholesterol; 155mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.