

Chicken Breasts Flambe in Tarragon Tomato Wine Sauce

Phillis Carey, cooking instructor and author



CHICKEN:

- 4 boneless skinless chicken breast halves
- Salt and pepper to taste
- 1/2 cup flour
- 1 tablespoon olive oil

- 2 tablespoons unsalted butter, divided use
- 1/3 cup brandy

SAUCE:

- 1 tablespoon unsalted butter
- 1 tablespoon shallots, minced
- 1 1/2 cups plum tomatoes, seeded and diced
- 2 tablespoons tarragon, fresh, minced (or use thyme, if preferred)
- 1/2 cup dry white wine, or vermouth
- 1/2 cup low sodium chicken broth
- 1/2 cup heavy cream
- 2 tablespoons Italian parsley, chopped
- More salt and freshly ground black pepper to taste

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

Servings: 4

1. Trim chicken breasts and lightly pound between two sheets of plastic wrap to an even 1/2 inch thickness. Season chicken with salt, pepper to taste. Place flour on a plate and coat chicken well, shaking off excess.
2. Melt butter with olive oil in a large skillet over medium high heat. Add chicken to skillet and cook 2 minutes per side to brown lightly. Shut off heat under skillet. Making sure there is plenty of room above and around the pan (and do not have your overhead exhaust fan running) add brandy to the skillet and ignite. Shake the pan until the flames go out. Remove chicken to a plate and set aside.
3. SAUCE: Add butter to same skillet along with shallots and toss for 30 seconds over medium-high heat. Add tomatoes and tarragon and cook for 2 minutes. Add the wine, chicken broth and cream. Bring to a boil, stirring to scrape up any browned bits from the bottom of the pan. Reduce heat to medium low and simmer sauce, uncovered, for 5-6 minutes or until slightly thickened.
4. Return chicken to the pan, along with any accumulated juices, turning to coat with sauce. Simmer chicken, uncovered, for 5-7 minutes or until chicken is cooked through, turning over once. Taste sauce for seasonings. Serve alongside some rice and drizzle sauce over chicken. Garnish with chopped parsley.

Per Serving (excluding unknown items): 491 Calories; 25g Fat (52.8% calories from fat); 32g Protein; 18g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 165mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.