

Sear'd Chicken Breasts with Lemon Chive Pan Sauce

From America's Test Kitchen, 5/2011



4 boneless skinless chicken breast halves (6 to 8 ounces each), trimmed of excess fat (see note)

2 teaspoons kosher salt, or 1 teaspoon table salt

1 tablespoon vegetable oil

2 tablespoons unsalted butter, melted

1 tablespoon all-purpose flour

1 teaspoon cornstarch

1/2 teaspoon ground black pepper

PAN SAUCE:, optional (see related recipes)

1 large shallot, peeled, minced

1 teaspoon all-purpose flour

1 tablespoon lemon juice, fresh squeezed

1 tablespoon chives, minced

1 tablespoon unsalted butter

Servings: 4

1. Adjust oven rack to lower-middle position and heat oven to 275 degrees. Using fork, poke thickest half of each breast 5 to 6 times; evenly sprinkle each breast with $\frac{1}{2}$ teaspoon kosher salt (or $\frac{1}{4}$ teaspoon table salt). Place chicken, skinned side down, in 13 by 9-inch baking dish and cover tightly with foil. Bake until thickest part of breast registers 145 to 150 degrees on instant-read thermometer, 30 to 40 minutes.

2. Remove chicken from oven and transfer, skinned side up, to paper towel-lined plate and pat dry with paper towels to remove excess salt. Heat oil in 12-inch skillet over medium-high heat until smoking. While pan is heating, whisk butter, flour, cornstarch, and pepper together in small bowl. Lightly brush top side of chicken with half of butter mixture. Place chicken in skillet, coated side down, and cook until browned, 3 to 4 minutes. While chicken browns, brush with remaining butter mixture. Using tongs, flip chicken, reduce heat to medium, and cook until second side is browned and thickest part of breast registers 160 to 165 degrees on instant-read thermometer, 3 to 4 minutes. Transfer chicken to large plate and let rest while preparing pan sauce (if not making pan sauce, let chicken rest 5 minutes before serving).

3. PAN SAUCE: To the fat in the frying pan add the minced shallot and saute for about 3-4 minutes until shallots have turned translucent. Add flour and stir for about 30 seconds until well mixed, then slowly add chicken broth.

4. Simmer sauce until it has reduced about 25% to 3/4 of a cup, about 5 minutes. Add lemon juice and chives. Using a spatula, lightly pierce the butter and swirl it in the pan until it's dissolved completely. Serve immediately on top of chicken.

Per Serving (excluding unknown items): 252 Calories; 14g Fat (49.3% calories from fat); 28g Protein; 4g Carbohydrate; trace Dietary Fiber; 92mg Cholesterol; 1018mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

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