Lemon-Basil Grilled Chicken Breasts with Tomato Cucumber and Basil Beurre Blanc

loosely based on a recipe from The Signature Room at the 95th (Chicago)
Gourmet Magazine, April 2006.
Internet Address:



4 each boneless skinless chicken breast halves (or chicken thighs)

Salt and freshly ground black pepper to taste

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1 tablespoon fresh basil, chopped

BEURRE BLANC:

2 tablespoons dry white wine

1 tablespoon fresh lemon juice

1 tablespoon white wine vinegar

2 tablespoons shallots, chopped

1/2 cup unsalted butter, chilled, cut into 8 pieces

Salt and white pepper to taste

1/3 cup plum tomatoes, seeded, finely diced

1/3 cup cucumber, peeled, seeded, finely diced

Serving Ideas: Serve rice along side to absorb any of the sauce. Great with asparagus.

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

Servings: 4

1. Trim chicken and pound to an even 1/2" thickness. Season chicken with salt and pepper. Stir together the olive oil, lemon juice and basil, then pour over chicken, turning to coat (or combine in a plastic bag). Let stand at room temp for 30 minutes or cover and refrigerate up to 2 hours.
2. Remove chicken from marinade and grill over medium heat (not medium-high or higher) for 3-5 minutes per side, or until cooked through.
3. BEURRE BLANC: Combine wine, lemon juice, vinegar and shallots in a small saucepan. Boil it until reduced to about 1 T. of liquid, about 3-4 minutes. Remove from heat and whisk in 2 pieces of butter until melted. Return to a low heat and whisk in remaining butter, a piece at a time. Do not boil sauce from this point on (it will separate if you do). Turn off heat. While sauce is staying slightly warm, season with salt and white pepper, then add tomato, cucumber and basil. Serve immediately spooned over the chicken.

Per Serving (excluding unknown items): 409 Calories; 31g Fat (69.5% calories from fat); 28g Protein; 3g Carbohydrate; trace Dietary Fiber; 130mg Cholesterol; 83mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.