

## FOUR RECIPES FOR CHICKEN BREASTS

### BASIC CHICKEN BREAST RECIPE

1 WHOLE BONELESS CHICKEN BREAST  
COOKING OIL (OLIVE OIL AND VEGETABLE OIL)  
BUTTER

HEAT FRYING PAN OVER HIGH FLAME. ADD A SPLASH OF OIL AND 2 TBSPS OF BUTTER.

DRY CHICKEN THOROUGHLY WITH PAPER TOWELS. SALT AND PEPPER.

WHEN BUTTER MELTS AND IS STARTING TO BROWN, ADD CHICKEN BREAST, SKIN-SIDE DOWN. SHAKE THE PAN A LITTLE TO MAKE SURE IT DOESN'T STICK.

REDUCE HEAT TO MEDIUM. COOK BREAST FOR 4 MINUTES ON ONE SIDE, TURN AND COOK FOR ANOTHER 3-4 MINUTES. CHICKEN IS DONE WHEN THE JUICES RUN CLEAR.

REMOVE FROM THE PAN. POUR OFF ALL BUT A FEW TBSPS OF FAT.

### CHICKEN BREAST WITH SHALLOTS AND WHITE WINE

2 SHALLOTS  
1 SPRIG OF FRESH THYME  
1/2 CUP OF WHITE WINE OR CHICKEN STOCK  
FRESH PARSLEY AND/OR CHIVES

WHILE CHICKEN IS COOKING, TRIM AND CHOP SHALLOTS.

PLACE COOKED CHICKEN ON A WARM PLATE.

POUR OFF MOST OF THE FAT. ADD CHOPPED SHALLOTS. COOK FOR A MINUTE UNTIL TRANSLUCENT.

STRIP LEAVES FROM THYME SPRIG AND ADD.

POUR IN WINE OR STOCK. REDUCE BY HALF. TURN CHICKEN TO THE PAN TO RE-HEAT AND COAT WITH SAUCE. PUT BACK ON THE PLATE.

STIR IN 2 TBSPS OF BUTTER. POUR OVER THE CHICKEN GARNISHED WITH FRESH PARSLEY OR CHIVES.

## CHICKEN BREASTS WITH MUSHROOMS

4-6 WHITE MUSHROOMS, SLICED THIN.  
1 LARGE SHALLOT, MINCED  
1 CLOVE OF GARLIC, MINCED  
1/2 CUP OF WHITE WINE OR CHICKEN STOCK

WHILE THE CHICKEN IS COOKING, PEEL AND CHOP THE SHALLOT AND THE GARLIC. TRIM THE STEMS AND SLICE THE MUSHROOMS.

WHEN THE CHICKEN IS COOKED, REMOVE TO A PLATE. POUR OFF MOST OF THE FAT. REDUCE HEAT TO MEDIUM.

ADD THE MUSHROOMS. COOK, TURNING FREQUENTLY FOR ABOUT 3 MINUTES. SALT AND PEPPER.

ADD THE SHALLOTS, COOK FOR A MINUTE. ADD THE GARLIC. COOK UNTIL YOU CAN JUST SMELL THE GARLIC.

POUR IN WHITE WINE OR CHICKEN STOCK. RAISE HEAT AND REDUCE BY HALF. RETURN THE CHICKEN TO THE PAN AND COOK ANOTHER MINUTE.

TAKE OUT CHICKEN BREAST. BEAT IN A FEW TSPS OF COLD BUTTER TO THICKEN THE SAUCE.

POUR SAUCE OVER THE CHICKEN AND SERVE.

## CHICKEN BREASTS WITH TARRAGON AND CRÈME FRAÎCHE

3 GREEN ONIONS  
1/2 CUP OF WHITE WINE OR CHICKEN STOCK  
LEAVES FROM 4 SPRIGS OF FRESH TARRAGON  
1/2 CUP OF CRÈME FRAÎCHE

WHILE THE CHICKEN IS COOKING, TRIM AND CHOP GREEN ONIONS INTO 1/4 INCH ROUNDS.

STRIP LEAVES FROM TARRAGON AND RESERVE.

WHEN CHICKEN IS DONE, REMOVE TO A PLATE.

ADD THE GREEN ONIONS AND COOK FOR A MINUTE.

POUR IN WINE OR STOCK. COOK DOWN BY HALF.

ADD 1/2 CUP OF CRÈME FRAÎCHE. BOIL DOWN BY HALF.

RETURN THE CHICKEN TO THE SAUCE FOR ABOUT A MINUTE. PUT BACK ON THE PLATE.

CHOP TARRAGON ROUGHLY. ADD TO THE SAUCE. STIR IN A COUPLE OF TSPS OF BUTTER TO THICKEN. POUR OVER THE CHICKEN AND SERVE.

CHINESE CHICKEN BREAST
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3 GREEN ONIONS  
2 GARLIC CLOVES  
1 PIECE OF FRESH GINGER  
SOY SAUCE  
CHICKEN STOCK

COOK CHICKEN BREAST IN THE PAN WITH VEGETABLE OIL.

MEANWHILE, PEEL 2 INCHES OF FRESH GINGER AND GRATE.

TRIM AND CHOP 3 GREEN ONIONS. PEEL AND THINLY SLICE GARLIC.

WHEN CHICKEN IS DONE, REMOVE TO A PLATE.

ADD CHOPPED ONIONS, GARLIC AND GINGER. SAUTÉ BRIEFLY.

POUR IN 2 TBSPS OF SOY SAUCE AND 1/2 CUP OF CHICKEN STOCK. BOIL DOWN BY HALF.

RETURN CHICKEN TO THE PAN. BASTE THE SAUCE OVER IT AND SERVE.