

Breast of Chicken with Dijon Cream Sauce

6 boneless chicken breasts - paillard
2 tablespoons butter
2 large shallots -- sliced thin
1 tablespoon white flour
1 3/4 cups chicken broth (canned)
¼ cup dry white wine
2 teaspoons Dijon mustard
2 teaspoons coarse mustard
½ cup heavy cream
1TBS sour cream
3 TBS minced fresh parsley
1 1/2 tablespoons vegetable oil
1 tsp kosher salt
½ tsp ground pepper

For the sauce, heat butter in a medium saucepan. Add shallots; cover and cook over low heat until softened, about 5 minutes. Add flour; cook over low heat, stirring constantly until flour is incorporated into the butter, about 30 seconds. Continuing to stir constantly, gradually add chicken stock. Bring to boil, and simmer stirring occasionally until sauce thickens slightly, about 7-8 minutes. Keep warm.

Carefully pound chicken between two sheets of parchment until ½ inch thick. (See Note*) Sprinkle chicken breasts with 1 teaspoon salt and 1/2 teaspoon pepper. Heat oil in a large skillet. Add chicken and sauté, turning once, until lightly browned and cook through, about 3 minutes per side. Remove chicken from pan and cover to keep chicken warm, reserving juices that accumulate. To finish the sauce: add wine to sauté pan the chicken was in and deglaze, stir in sauce from sauce pan and stir mustards, cream and parsley. Remove from heat and stir in sour cream and any accumulated chicken cooking juices.

TO SERVE: Transfer each chicken breast to a warm dinner plate. Spoon a portion of sauce over each chicken breast and serve immediately.

Note* A rubber mallet works very well and can be purchased at your local hardware store for \$3 to \$4. The stainless steel meat tenderizers will tear chicken. Rubber mallets can be washed with a bleach/water solution to sanitize, then rinse in hot water.