

# Chicken Breasts w/ Mushroom Cream Sauce

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

## Chef's Notes

Port is classic in this dish; however, it can give the final sauce a pinkish hue; therefore, we deglazed with white wine and finished the sauce with just a touch of port for flavor.

## Step 1: Preparing Your Mise en Place

- 4 boneless, skinless chicken breasts
- 1/2 lb mushrooms (cremini or button)
- 2 shallots (approx. 1/4 cup)
- 1/2 cup white wine
- 1/2 cup white chicken stock
- 1 cup heavy cream
- 2 to 3 tbsp port (optional)

To prepare your mise en place, clean the mushrooms and trim off the stems. Thinly slice (approximately 1/8" -inch wide). Finely mince the shallots. Set aside.

Measure out the stock, cream, white wine and port (see notes).

## Step 2: Pan Frying the Chicken Breasts

- kosher salt (to taste)
- freshly ground black pepper (to taste)
- 1 tbsp olive oil
- 3 tbsp unsalted butter

Preheat a large, stainless-steel pan over medium-high heat.

Pat the chicken breasts dry. Season the both sides of the chicken with salt and pepper to taste. Once the pan has reached the proper temperature, add the oil and butter.

Lay the chicken, presentation-side down in the pan and cook until golden brown. Flip over and continue to cook until just done, being careful not to burn any succs.

Alternatively, you could sear the chicken breasts and then finish them in a 350°F oven.

Once the chicken is cooked, remove it from the pan and place onto a plate. Tent loosely with foil and let rest while you make the sauce.

## Step 3: Starting the Pan Sauce

Pour off any excess fat from the pan (if there is any), leaving about 1 to 2 teaspoons behind. Add the shallots and cook until translucent. You may need to turn the heat down a bit.

## Step 4: Sauteeing the Mushrooms

- pinch of kosher salt
- 1 tbsp unsalted butter

Once the shallots are translucent, add the butter and mushrooms and a pinch of salt. Cook the mushrooms until they soften and release their juices. You may need to turn the heat up slightly.

## Step 5: Deglazing the Pan

Once all of the moisture has evaporated from the mushrooms and they have started to brown, deglaze the pan with the white wine. Add the chicken stock and let reduce by about two-thirds.

## Step 6: Finishing the Mushroom Cream Sauce

- kosher salt (to taste)
- freshly ground black pepper (to taste)

Once the white wine and stock have reduced by about two-thirds, add any drippings from the chicken and the cream. Let the sauce simmer and reduce until it is no longer runny and it has a nice, sauce-like consistency. Finish with a splash of port, if desired. Check the sauce for seasoning and season with salt and pepper as needed.

## Step 7: Serving the Chicken & Mushroom Cream Sauce

To serve the dish, spoon the mushroom sauce over the chicken breasts. This goes with particularly well with pasta noodles and Sauteed French Green Beans or Grilled Asparagus.