

Butter Braised Chicken

With Ham, Cheese and Leek Twice Baked Potato Casserole
Wilted Spinach and Red Pepper Clementine Relish

August 2015 – Serves 4

INGREDIENTS:

4, 4 ounce boneless chicken breast portions
1 C chicken stock (homemade is best but a good store brand that you like will work)
3 T butter
3 large cloves garlic, chopped finely
½ t salt
2 T canola oil

DIRECTIONS:

Heat a large saucepan on high, then add the oil. When very hot, place each chicken breast in the oil and let it sear on the first side, cooking for about 3 minutes. Turn and sear the other side, but don't worry about cooking them through. Now lower the heat slightly and add the stock, the butter, and the chopped garlic. Then salt the chicken. Now reduce to low, cover and let braise for about 7-8 minutes, or until chicken is cooked through. You can baste the chicken with the butter/stock mixture once or twice if desired, but not necessary.

Serve over wilted spinach, and with as my ham, leek and parmesan cheese twice baked tater casserole, with a mound of red pepper clementine relish. Ladle some of the stock mixture over all!



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