

CHICKEN MARSALA

INGREDIENTS

4 chicken breasts
salt and freshly ground pepper to taste
1/4 cup all purpose flour
2 tablespoons vegetable oil
3 tablespoons unsalted butter
12 oz. cremini mushrooms, sliced
3/4 cup sweet Marsala wine*
1/2 cup low-sodium chicken broth
2 tsp fresh lemon juice
1 Tbsp fresh parsley, minced

DIRECTIONS

To make chicken cutlets, pound boneless, skinless chicken breasts between two pieces of plastic wrap using a meat pounder, an empty wine bottle, or the bottom of a heavy saucepan or skillet. You want them approximately 1/2 inch thick.

Pat the cutlets dry with paper towels and season with salt and pepper. Cut into approximately 3x3 inch pieces. Dredge the cutlets in the flour to coat and shake to remove excess. Heat 1 tablespoon of the oil in a large nonstick skillet over high heat until just smoking. Add half of the cutlets and cook until golden brown, 2 to 2 1/2 minutes on each side. Transfer to a large plate and tent with foil. Repeat with the remaining oil and cutlets.

Reduce the heat to medium high and melt 1 tablespoon of the butter in the now-empty skillet. Cook the mushrooms until browned, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Transfer the mushroom mixture to a medium bowl and tent with foil.

Add the Marsala and broth to the empty skillet, bring to a boil over high heat, and cook until reduced to 1/2 cup, about 5 minutes. Reduce the heat to medium-low, return the chicken and their juices to the skillet, and turn the chicken to heat through, about 1 minute. Transfer the chicken to a serving platter. Turn off the heat, whisk in the remaining 2 tablespoons butter, lemon juice, parsley, and mushroom mixture. Pour the sauce over the chicken.

Serve with potatoes, polenta or pasta.

* Go to a wine shop and buy yourself a nice bottle of Marsala; don't use the stuff you buy in the grocery store often labeled "cooking Marsala". That stuff doesn't taste very good and because you're reducing the wine in the pan, the flavors are intensified. A bottle of Marsala (750 ml) in a wine shop usually runs about \$12-14, but it will likely last you a while and definitely improves the dish by 1000%.