

Raspberry Chicken

Show: Feb 6th

Ingredients :Serves 2-4

1 Chicken Breast, wholeboneless, skinless
2 Tbls. Butter, unsalted
1/4 cup Onion, yellow, finely chopped
3 Tbls. Raspberry Vinegar (at specialty stores)
1/4 cup Chicken stock
1/4 cup Heavy Cream or crème fraiche
1 Tbls. Crushed tomatoes, canned
8 Raspberries, fresh

Procedure:

Cut the chicken breast in half along the breast bone line. Lay each half on a cutting board; press down to have it evenly pressured. With a sharp knife, starting at the rounded edge, slice the half breast almost all the way through horizontally. Fold the half breast out to shape as a heart.

Melt butter in a large skillet. Raise the heat, add the chicken breast halves and cook for about 1 1/2 to 2 minutes on each side until lightly colored. Remove from skillet and set aside.

Add chopped onions to the skillet and cook, covered over low heat until tender, about 10 minutes. Add raspberry vinegar, raise the heat and cook uncovered until the sauce is reduced to a syrupy consistency. Whisk in chicken stock, heavy cream and crushed tomatoes. Simmer for 1 minute.

Return the chicken breasts to the skillet and simmer them gently in the sauce, until they are just done, just 3-4 minutes, basting often. Do not overcook. Remove the breasts. Add the fresh raspberries to the sauce and cook for just 1 minute. Swirl slightly, don't stir, with a spoon as to break up the berries.

Pour the sauce over the chicken breasts and serve.

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