



Chicken Breast With Balsamic Vinegar and Mushrooms

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 skinless chicken breasts - 1/4 cup flour - Salt and freshly ground pepper to taste - 2 tablespoon olive oil - 2 tablespoon butter - 1/4 cup white wine - 1/2 cup chicken broth - 2 tablespoons chopped shallot or onion - 1/2 pound of mushrooms sliced - 3 teaspoon minced thyme, or 1 teaspoon dried - 1 tablespoon balsamic vinegar - 1 tablespoon corn starch - 1/4 cup cold water

Instructions

The chicken is just an excuse for this sauce. I stumbled on it one evening when I was making dinner and all I had in were a few mushrooms and some shallots. The balsamic vinegar was an afterthought, but an inspired one. You can pair this with an oak-aged chardonnay, but I prefer a Pinot or a Cotes du Rhone. 1. For the best results, pound each breast between two sheets of plastic wrap until they are 1/2 inch thick or less. Use a rolling pin if you do not have a meat pounder. 2. On a plate or a piece of waxed paper, mix flour with a generous amount of salt and pepper. Dredge each breast to coat both sides. Shake off excess. 3. Pre-heat a heavy sauté pan on low heat. Add the oil and butter. When the foam subsides, add the chicken and increase the heat to medium. 4. Cook about 3 minutes, turn and do the other side for 3 minutes as well. Both sides should be browned. 5. Transfer to a plate and keep warm in the oven. 6. Sauté the mushrooms in the remaining butter and oil, adding a little more butter if needed, for about two to three minutes. 7. Add the shallots and sauté for another minute or so. 8. Add the chicken broth, wine and thyme and stir, scraping up the brown bits on the bottom of the pan. 9. Add the tablespoon of balsamic vinegar. 10. Mix the cornstarch into the cold water and stir the slurry into the mushroom broth mixture. Cook stirring for one to two minutes until the sauce thickens. 11. Serve, spooning the sauce over each chicken breast.