

CHICKEN BREAST W/PAN SAUCE

THE INGREDIENTS

- 2 bone-in breast of chicken, with skin on
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter, divided
- 1 medium shallot, sliced
- 2 tablespoons white wine
- 1 cup low-sodium chicken stock
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh flat-leaf Italian parsley
- 1 teaspoon chopped fresh thyme

THE STEPS

1. Preheat your oven to 400°F.
2. Season the outside of each chicken breast with salt and pepper.
3. Place your Stargazer Cast Iron skillet over medium-high heat and add oil. Add the chicken, skin-side down to skillet and allow to brown, 5-10 minutes. Turn and cook for another 2-3 minutes.
4. Remove the skillet from heat and transfer to the oven. Bake for 30-35 minutes until the chicken is cooked through. Remove the skillet from oven. Transfer the chicken to a plate, cover with aluminum foil, and set aside.
5. Place the skillet back over medium heat. Add 1 tablespoon butter and cook until melted. Add shallot and cook until softened, 2-3 minutes. Season with salt and pepper.
6. Add wine to deglaze the pan, scraping up any browned bits on bottom of pan. Add stock and cook for 10-15 minutes, until sauce is thickened and reduced.
7. Add the chicken back to the skillet and add remaining 1 tablespoon butter and cook until melted. Stir in parsley and thyme and cook for another minute. Taste and adjust as desired. Transfer to serving plates and serve warm.

Makes 2.



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