

FROZEN BREASTS WITH 8 PAN SAUCES

F EASY

Last Modified: 02/15/2016

PREP: 15 Min
COOK: 20 Min
STOVETOP

CHICKEN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Frozen	Chicken Breasts (Skinless / Boneless)	Thawed
1	Tbsp	Olive Oil	
1/2	Cup	Dry White Wine (Chablis)	
AND			
1/2	Cup	Chicken Stock (Swanson)	
PLUS			
1/2	Cup	Chicken Stock (Swanson)	
1/4	Cup	Shallots	Fine Diced
OR FOR A SLIGHTLY STRONGER FLAVOR			
2	Medium	Yellow Onions	Fine Diced
2	Tbsp	Heavy Cream	
1/4	Cup	Unsalted Butter	Cold
1/4	Tsp	Kosher Salt	
1/4	Tsp	Freshly Ground Black Pepper	
MUSHROOM PAN SAUCE			
1	Cup	Fresh Mushrooms of Choice	
LEMON - THYME PAN SAUCE			
1/2	Whole	Lemon	Juiced
2	Tsp	Fresh Thyme Leaves	Fine Chop
BALSAMIC - CAPER PAN SAUCE			
2	Tsp	Aged Balsamic Vinegar (High Quality)	
2	Tsp	Capers	Drained
CILANTRO - CHIPOTLE PAN SAUCE			
1	Tbsp	Fresh Coriander Leaves (Cilantro)	Fine Chop
1/2	Tsp	Chipotle Peppers in Adobo Sauce	Fine Chop
MUSTARD PAN SAUCE			
DELETE CALLED FOR SHALLOTS IN MAIN RECIPE			
1/4	Cup	Shallots	
REPLACE WITH			
1	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
2	Tsp	Dijon Mustard	
BACON - LEEK PAN SAUCE			
1/2	Cup	Leek (Whites Only)	Thin Sliced
3	Slices	Thin Sliced Bacon	Crumbled

FROZEN BREASTS WITH 8 PAN SAUCES

TOMATO - PARMESAN PAN SAUCE			
1/2	Cup	Cherry Tomatoes	Quartered
2	Tbsp	Parmesan Cheese	Grated

HERB PAN SAUCE			
3 Tablespoons One Or Mixture Of			
	Mix	Fresh Basil Leaves	
	Mix	Fresh Chervil Leaves	
	Mix	Fresh Italian Parsley Leaves	
	Mix	Fresh Oregano Leaves	
	Mix	Fresh Dill Leaves	
1 1/2	Tbsp Each	If Substituting Dried For Fresh	

PREPARATION

FACTOID	Quick, easy and 8 different and delicious ways to make dinner tonight at roughly 287 Calories per serving.
TOOLS	1) Large Stainless Steel Skillet & Lid 2) Meat Tenderizing Hammer
PREP	1) When you leave for work in the morning, place 2 frozen Chicken Breast halves sealed in plastic wrap in the refrigerator to thaw. OR 2) When you get home, seal 2 Frozen Chicken Breast Halves in a zip lock bag and run under cold water until completely thawed.
PREP	DISH 1) Finely dice the Shallots or Yellow Onions and set them aside.
1	Cut each Chicken Breast in half horizontally. Place each piece between sheets of plastic wrap and pound until it is about 1/4" thick. Discard the plastic wrap and Salt and Pepper each piece on both sides and set them aside while you prepare the chosen Pan Sauce Ingredients.
2	In a large stainless steel skillet (NOT non-stick) over medium high heat, heat the oil until it shimmers. Add in the Breast pieces and brown them, turning once until they are no longer pink. About 5 to 6 minutes. Remove the Chicken to a serving platter and cover them with aluminum foil to keep warm.
3	Add the Wine, Chicken Stock and Shallots to the hot skillet while scraping the bottom to loosen the fond. Lower the heat medium and boil the liquid until it is reduced to about 1/4 cup, about 10 minutes. Reduce the heat to medium low.
1	MUSHROOM PAN SAUCE: Add 1 cup of sliced Mushrooms you like into the skillet when you add in the Shallots. Do NOT add in the Wine and Stock. Cook until the Mushrooms are golden and shrunken. Add in the Wine and Stock and continue as directed.
1	LEMON - THYME PAN SAUCE: Stir 2 tablespoons of fresh Lemon Juice and 2 teaspoons of snipped fresh Thyme Leaves into the finished Sauce.
1	BALSAMIC - CAPER PAN SAUCE: Stir 2 teaspoons of high quality Balsamic Vinegar and 2 teaspoons drained Capers into the finished Sauce.

FROZEN BREASTS WITH 8 PAN SAUCES

1	CILANTRO - CHIPOTLE PAN SAUCE: Stir 1 tablespoon of snipped fresh Cilantro Leaves and 1/2 teaspoon of finely chopped Chipotle Peppers in Adobo Sauce into the finished Sauce.
1	MUSTARD PAN SAUCE: Thinly slice instead of dicing the Shallots. Stir in 1 tablespoon of snipped fresh Italian Parsley Leaves and 2 teaspoons of Dijon Mustard into the finished sauce.
1	BACON - LEEK PAN SAUCE: Add 1/2 cup of thinly sliced Leek (White part ONLY) into the skillet with the Shallots. Stir 3 slices of crumbled crisp Bacon into the finished Sauce. I like to use Pepper Bacon.
1	TOMATO - PARMESAN PAN SAUCE: Add 1/2 cup of quartered fresh Cherry Tomatoes into the skillet with the Shallots. Stir 2 tablespoons of grated Parmesan Cheese into the finished Sauce.
1	HERB PAN SAUCE: Stir 2 to 3 teaspoons of snipped fresh Basil, Chervil, Parsley, Oregano, and / or Dill into the finished Sauce.
4	Remove the skillet from the heat, stir in the Cream and add in the cold Butter, 1 tablespoon at a time until the Butter is melted after each addition.. The chosen Pan Sauce should now be thickened and glossy.
SERVE	Serve while hot with the chosen Pan Sauce drizzled over the top..