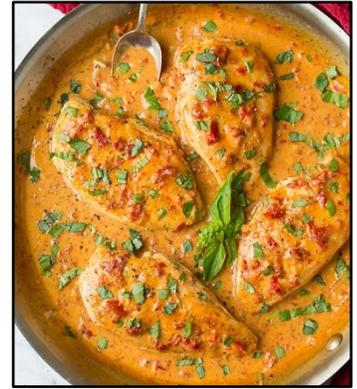


Pollo Besciamella con Pomodori Secchi

Chicken in Cream Sauce with Sun Dried Tomatoes



Yield: Serves 2-4

Ingredients:

- 4 Boneless/Skinless Chicken Breasts (apx 2 lbs)**
- 2 Shallots - minced (apx ¼ Cup)**
- 3 cloves Fresh Garlic - minced**
- 1 ½ Cups Chicken Stock**
- ½ Cup Sun Dried Tomatoes packed in oil - drained and small chopped**
- ½ Cup Heavy Cream**
- ½ Cup Parmigiano-Reggiano - grated fine**
- 4 Tbs Extra Virgin Olive Oil - divided**
- 3 Tbs All Purpose Flour**
- Kosher Salt to taste**
- Fresh Ground Black Pepper to taste**

- GARNISH-

- ¼ Cup Fresh Basil - chopped**

Preparation:

- 1) Wash and thoroughly dry chicken breasts - Season each side with salt and pepper and set aside
- 2) Place a large skillet over medium high heat - Heat 2 Tbs of the olive oil over medium heat until shimmering - Place the chicken in the skillet leaving space around each breast (DO NOT crowd the pan - cook in batches if necessary) - Allow to cook until golden brown (apx 4-5 minutes) - Flip and repeat making sure chicken is cooked through - Remove from pan and set aside (keep chicken warm by loosely wrapping in foil and placing in a warm oven until needed)
- 3) Once all of the chicken has been cooked, add the remaining 2 Tbs of olive oil along with the shallots to the skillet - Sauté until the shallots are tender (apx 3 minutes) - Add garlic and continue to sauté for another minute
- 4) While continuously stirring, whisk in the flour 1 Tbs at a time fully combining each before adding the next Tbs; repeat until all of the flour has been fully incorporated - Allow to cook (stirring frequently) for 4-5 minutes or until the raw flour smell is gone
- 5) Add the chicken stock to the skillet and bring to a simmer lightly scraping the bottom of the pan with rubber/silicone spatula to deglaze the pan and lift all of the 'fond' - Once a simmer has been achieved, add the sundried tomatoes and continue to simmer for 1-2 minutes
- 6) Add cream and parmigiano-reggiano - Continuously whisk the mixture until the parmigiano-reggiano is fully melted and sauce is nice and smooth
- 7) Adjust seasoning with salt and pepper to taste
- 8) Add the chicken back to the skillet and spoon the sauce over the top - Allow to cook for 1-2 minutes just to heat the chicken through
- 9) Remove from heat - Garnish with the chopped basil and serve hot along with steamed or sautéed vegetables of choice and some rice or pasta to soak up the extra sauce