



## **Sautéed Chicken with Balsamic Citrus Sauce**

- 4 boneless, skinless chicken breast halves (about 1 ½ lbs.)
- Salt and pepper to taste
- ¼ cup flour
- 1 ½ tbsp. unsalted butter
- 1 ½ tbsp. Chilean Frantoio Olive Oil
- 3 to 4 tbsp. minced shallots or scallions
- 1 heaping tablespoon honey
- Pinch of ground allspice
- 1 cup chicken stock
- 1 tbsp. fresh lemon juice
- ¼ cup heavy cream
- 1 tbsp. 25 Star Dark Balsamic Vinegar

Rinse and pat dry the chicken breast halves. Sprinkle both sides with salt and black pepper to taste

Spread on a place ¼ cup flour. Coat chicken on both sides, pressing to make sure the tenderloins, the thin strips of meat on the undersides of the breasts, adhere. Shake off any excess flour.

Heat 1 ½ tbsp. unsalted butter in a heavy 10 to 12 inch skillet over medium-high heat until fragrant and nut-brown. Add 1 ½ tbsp. Chilean Frantoio Olive Oil. Swirl the butter and oil together. Arrange the chicken tenderloin side down in the skillet and sauté for exactly 4 minutes, keeping the fat as hot as possible without letting it burn. Using tongs turn the chicken and cook until the flesh feels firm to the touch and milky juices appear around the tenderloins, 3 to 5 minutes more.

Keep warm in the oven at 200 degrees F

Remove all but 1 tbsp. of the fat in the skillet, heat over medium heat, and add 3 to 4 tbsp. minced shallots or scallions, 1 heaping tbsp. hone, Pinch of ground allspice

Cook, stirring until the shallots are wilted, 1 to 2 minutes. Increase the heat to high and add, 1 cup chicken stock, 1 tbsp. fresh lemon juice

Boil, scraping the bottom of the skillet with a wooden spoon, until reduces to about ½ cup. Add ¼ cup heavy cream

Boil until sauce is slightly thickened, about a minute. Add 1 tbsp. 25 Star Balsamic Vinegar and Salt and pepper to taste

Return to a boil, then spoon sauce over the chicken and serve immediately.