

# *Idiot's Kitchen Recipe – Chicken Florentine*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Giada De Laurentiis



## Ingredients:

4 Boneless Skinless Chicken Breasts  
Flour for dredging (about ½ cup)  
2-3 Tablespoons Butter (divided throughout the recipe)  
1 Tablespoon Olive Oil  
1 Large Shallot, sliced (about ¼ cup)  
2 Cloves Garlic, chopped  
1 ½ cups Dry White Wine  
½ cup Heavy Cream  
2 (10 ounce) boxes Frozen Chopped Spinach  
Salt & Pepper

Season the chicken breasts with salt & pepper. Dip or dredge the chicken in the flour to coat both sides. Gently shake off any excess flour. Melt 1 Tablespoon Butter with 1 Tablespoon Olive Oil in a large pan over medium high heat. Cook the chicken breasts in the butter/oil until golden brown – about 4 minutes per side. Try not to jostle the chicken as it cooks to preserve the crispy flour coating. When the chicken has browned on both sides, remove it to a plate and cover with foil to keep warm. The chicken will be undercooked in the middle, but will cook thoroughly in the sauce later.

Reduce the heat to medium. If the pan is a little dry, add 1 Tablespoon butter and cook the shallots and garlic in the same pan you used to cook the chicken. Cook only for 1-2 minutes. Do not allow the shallots and garlic to brown or burn. Add 1 ½ cups white wine and gently scrape up any browned bits from the bottom of the pan. Bring the wine to a boil and cook a few minutes until slightly syrupy and reduced by about half. Add ½ cup heavy cream. Return the chicken pieces and any juices to the pan. Cover with a lid slightly ajar (to allow the sauce to thicken), bring the sauce to a boil and then reduce the heat to medium low and simmer for 20 minutes. Halfway through cooking, turn the chicken over to coat both sides in the sauce.

While the chicken cooks, defrost the spinach in a covered dish with a bit of water in the microwave. Squeeze out as much water as possible from the spinach and set aside. Melt 1 Tablespoon butter in a sauté pan and warm the spinach through. Season to taste with salt and pepper.

When the chicken has cooked through, remove it from the pan and turn the heat up to high to bring the sauce back to a boil. Cook the sauce on high to thicken slightly. Season with salt and pepper to taste. Arrange the spinach on a large platter, top with the chicken breasts and pour the creamy shallot sauce over the top.