

Idiot's Kitchen Recipe – Chicken with Poblano Cream Sauce

Recipe from www.idiotskitchen.com – adapted from *Mexico the Beautiful Cookbook*



Ingredients:

3 boneless, skinless chicken breasts – cut in half if they are large
1-2 Tablespoons Olive Oil
1 Poblano pepper, seeds and membranes removed
¼ cup heavy cream
2 Tablespoons butter
2 Tablespoons flour
½ medium onion, chopped – about ¾ cup
1 cup milk
½ cup sharp white cheddar cheese, grated
Salt & Pepper
Rice for serving

Preheat the oven to 350 degrees. If you are serving rice, start it now so it is ready when the chicken is done.

Remove the stem, seeds and membranes from a dark green Poblano pepper. Chop up the pepper in a food processor or blender until finely ground. Add ¼ cup heavy cream and blend just until combined. Set aside.

Season the chicken breasts with salt & pepper. Brown the chicken in 1-2 Tablespoons of olive oil in a large pan over medium high heat. Remove the browned chicken to a baking pan (9x13) that has been coated with cooking spray. Do not worry that the chicken is raw in the middle as it will continue to cook in the oven.

Melt 2 Tablespoons of butter in a medium sauce pan. Add the chopped onion and sauté 4-5 minutes until tender and golden but not browned. Stir in 2 Tablespoons of flour to make a thick paste or roux. Cook the flour 1-2 minutes until completely incorporated into the onions. Pour in 1 cup of milk and stir, simmering until slightly thickened. Add the Poblano cream mixture and stir to combine.

Pour the Poblano Cream Sauce over the chicken in the baking dish. Sprinkle ½ cup of grated white cheddar cheese over the top and bake at 350 degrees for 20 minutes. Serve the chicken on a bed of rice smothered in the Poblano cream sauce.