

Idiot's Kitchen Recipe – Chicken with Tarragon Vinegar

Recipe from www.idiotskitchen.com – Adapted from Epicurious/Bon Appétit



Ingredients:

2 Chicken Breasts – bone in, with or without skin
2 Tablespoons Butter
3 Shallots, finely chopped ($\frac{1}{2}$ - $\frac{3}{4}$ cup)
 $\frac{1}{2}$ cup Tarragon Vinegar
1 cup Chicken Broth – preferably low sodium
1 teaspoon Dried Tarragon (or 1 Tablespoon fresh)
Salt & Pepper

Season the chicken liberally with salt & pepper. Melt 2 Tablespoons of butter in a large skillet over medium high heat. Brown the chicken until golden but not cooked through – about 3 -4 minutes per side. Remove the browned chicken from the pan and set aside.

Add the chopped shallots to the pan and sauté for 1 minute. Add $\frac{1}{2}$ cup of Tarragon Vinegar. Cook for about 2 minutes until reduced to a glaze. Add 1 cup of low sodium chicken broth and scrape up any browned bits from the bottom of the pan.

Return the chicken to the pan, reduce the heat to low, cover and simmer for 15 – 20 minutes until the chicken has cooked through.

Remove the chicken to serving plates. Increase the heat to medium high and add 1 teaspoon dried tarragon to the pan. Season with salt & pepper to taste. Cook the sauce until slightly reduced, about 2 more minutes.

Spoon the sauce over the chicken. Serve with potatoes, rice, or crusty bread and your favorite veg.

Makes 2 servings but can easily be doubled.