

Idiot's Kitchen Recipe – Chicken Divan

Recipe from www.idiotskitchen.com – Adapted from Gourmet



Ingredients:

2 chicken breasts – bone in, skin on
1 Tablespoon Olive Oil
1 bunch Broccoli, trimmed and cut into 3-4 inch spears
½ stick (4 Tablespoons) butter
1 shallot, finely chopped (about ¼ cup)
5 Tablespoons flour
2 cups chicken broth, homemade or low-sodium
½ cup heavy cream
¼ cup sherry
1 cup Parmesan or Romano Cheese, finely grated
Salt & Pepper

Preheat the oven to 350 degrees. Place the chicken on a sheet pan, drizzle with olive oil and season with salt and pepper. Cook for 40 minutes until golden brown and the juices run clear. Set aside to cool slightly and allow the juices to reabsorb into the meat.

Increase the heat of the oven to 375 degrees. Cut the broccoli into spears; place it in a microwave safe bowl with a bit of water. Cover with plastic wrap and microwave for 3-4 minutes until bright green and slightly tender.

Melt ½ stick butter in a large skillet over medium high heat. Add the chopped shallot and cook 3-4 minutes until soft but not browned. Stir 5 Tablespoons flour into the butter to make a roux. Reduce the heat to low and stir until all of the flour has been incorporated into the butter and shallots. Add 2 cups of chicken broth and whisk until smooth. Reduce the heat to low and simmer, stirring occasionally for 10 minutes. Remove the pan from the heat and stir in ¼ cup sherry. Season with salt and pepper to taste.

With an electric mixer, whip ½ cup heavy cream until stiff peaks form. Gently fold the whipped cream into the white sauce taking care not to deflate the cream but to also fully incorporate it into the sauce.

Place the steamed broccoli spears in the bottom of a large 2 quart casserole dish or 9x13 inch pan. Pour half of the creamy sauce over the broccoli. Stir ½ cup of grated Romano cheese into the remaining sauce.

Remove the meat from the chicken bones with your fingers and cut into thin strips. Place the chicken over the broccoli and sauce in the casserole dish. Pour the remaining cheesy sauce over the chicken using a spatula to spread it to cover the surface. Top with the remaining ½ cup of grated cheese.

Bake at 375 for 15 minutes until hot and bubbly. Turn on the broiler and cook for an additional 5 minutes to brown the top. Watch closely while broiling so it does not burn.

Serves 6. This casserole may be assembled a day ahead and stored, unbaked in the refrigerator. Bring up to room temperature before cooking.