

Idiot's Kitchen Recipe – Chicken Marsala

Recipe from www.idiotskitchen.com



Ingredients:

2 Boneless, Skinless Chicken Breast Halves
8 ounces Baby Bella or Crimini Mushrooms, sliced (regular white mushrooms are fine too)
1 medium Shallot, chopped
2-3 cloves Garlic, chopped
½ cup Fresh Flat Leaf Parsley, chopped
½ cup Flour
1 cup Marsala Wine (Marsala is a fortified wine found near the sherry or port. Available in most stores.)
½ Lemon
¼ teaspoon Dried Thyme
1 Tablespoon Tomato Paste
2-3 Tablespoons Butter
1-2 Tablespoons Olive Oil
Salt & Pepper
½ pound Long Pasta – spaghetti or linguini

Preheat the oven to 200 degrees. Prepare a large pot of salted water for cooking the pasta.

Slice 8 ounces of Crimini or Baby Bella Mushrooms. Chop 1 medium shallot, 2-3 cloves of garlic, and ½ cup of parsley.

To prepare the chicken cutlets, place a boneless, skinless chicken breast on a cutting board. Place your hand completely flat on top of the chicken and carefully cut horizontally through the chicken using slight pressure from your hand to keep the knife steady. This will give you 2 chicken cutlets from each breast. Season the cutlets with salt & pepper. Put ½ cup of flour in a shallow dish or plate and season with salt & pepper. Dredge the chicken cutlets in flour on both sides gently shaking off any excess. Melt 1 Tablespoon each butter and olive oil in a large skillet and sauté the coated chicken over medium high heat 2-3 minutes per side until golden brown. Work in batches so you don't over-crowd the pan. Remove the chicken to a warm plate in a 200 degree oven to continue cooking while you make the sauce.

If your pan is dry, add 1 Tablespoon of butter and sauté the mushrooms, shallots and ½ of the garlic over medium heat. Reserve ½ of the garlic for the pasta. Cook the mushrooms until slightly browned and beginning to soften, about 5 minutes. Add 1 cup of Marsala Wine. Bring to a gentle boil and cook 4-5 minutes until reduced by half and slightly syrupy. Season the sauce with ¼ teaspoon thyme, the juice of ½ a lemon, salt & pepper. Thicken with 1 Tablespoon Tomato Paste and 1 Tablespoon Butter.

Return the chicken cutlets to the pan of sauce for 2-3 minutes before serving. Toss the cooked pasta with 1 Tablespoon butter or olive oil, the remaining garlic and the chopped parsley. Serve the chicken on a bed of pasta. Spoon the mushrooms and sauce over the top.

Makes 2 very generous portions.