

Idiot's Kitchen Recipe – Chicken with Raspberries

Recipe from www.idiotskitchen.com



Ingredients:

2 Boneless, Skinless Chicken Breast Halves, cut in half
Pinch of Salt
½ cup Flour
1 Tablespoon Sweet Paprika
½ teaspoon White Pepper
2 Tablespoons Butter
2 Tablespoons Shallots, minced
1 cup Dry White Wine
½ pint Fresh Raspberries (reserve 10 -12 berries for garnish)
Parsley for garnish
White Rice for side dish.

Season the chicken breasts with salt to taste. Combine the flour, paprika, and white pepper on a plate or shallow dish. Dredge both sides of the chicken in the flour mixture gently shaking off any excess.

Melt 2 Tablespoons of butter in a large skillet (preferably non-stick) over medium high heat. Monitor the butter carefully so that it does not burn. Sauté the chicken 2-3 minutes per side until golden brown and slightly crusty. Remove the browned chicken to a plate. Add the shallots and cook 2 minutes until beginning to soften but not brown. If your pan is looking dry, add 1 more Tablespoon of butter to cook the shallots. Add 1 cup of dry white wine and scrape up any bits from the bottom of the pan.

Add the fresh raspberries (remember to reserve 10-12 berries for a garnish) to the wine/shallot sauce and use the back of a spoon to gently crush the berries. Return the chicken to the pan. Bring the sauce to a gentle boil, reduce the heat to low, cover and simmer for 12- 15 minutes until the chicken is cooked through. Halfway through the cooking time, turn the chicken over in the sauce and remove the lid to thicken the sauce.

Serve chicken on a bed of white rice with a few spoonfuls of the raspberry sauce. Garnish with fresh berries and minced parsley.

Serves 2 but can easily be doubled.