

Chicken Marsala

Serves 4

This classic dish is quick and very rewarding. I put the chicken breast in a heavy plastic bag or between sheets of wax paper before I pound it flat.



Ingredients

- 2 skinless, boneless chicken breasts
- 8 oz. sliced white mushrooms
- 1 shallot (1/2 cup diced)
- 1 tsp. beef bouillon concentrate
- 2 tsp. corn starch
- 1/2 cup all-purpose flour
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 tsp. dried oregano
- 4 Tbsp. olive oil
- 4 Tbsp. butter
- 1 cup Marsala wine
- A few leaves of fresh thyme (1 tsp. chopped) (1/4 tsp. dried)
- 1 Tbsp. mushroom soy sauce

Equipment:

- Mallet
- Large skillet



Chicken Marsala:

<input checked="" type="checkbox"/>	Directions	Time (min)
	Slice 2 chicken breasts into 4 pieces. Pound chicken breast slices until 1/4 inch thick	5
	Clean and slice 8 oz. mushrooms	2
	Peel and dice shallot (1/2 cup)	2
	Combine 1 tsp. beef bouillon with 1 cup hot tap water	1
	In a small bowl, combine 2 tsp. corn starch with 1 Tbsp. cool water	1
	In a shallow dish or bowl, mix together 1/2 cup flour, 1 tsp. salt, 1/2 tsp. pepper and 1 tsp. oregano.	3
	Coat chicken pieces in flour mixture.	2
	In a large skillet, 4 Tbsp. olive oil over medium heat and melt 4 Tbsp. butter in the oil	2
	Place chicken in the pan, and brown both sides	7
	Place paper towel on a plate and transfer chicken. Cover with foil. (place in warming drawer if available)	1
	Sauté shallots and mushrooms until softened	2
	Remove pan from heat and turn off burner	1
	Deglaze pan with 1 cup Marsala wine	1
	Add 1 cup beef stock and 1 tsp. thyme. Return to heat and simmer to reduce to 1/3 former volume	2
	Add 1 Tbsp. mushroom soy	1
	Stir cornstarch into the liquid. Bring to a boil to thicken.	2
	Return chicken to the sauce. Reheat the chicken & serve	2
	Total	36