

CHEF SARA RHODES

CHICKEN WITH A MUSHROOM/MERLOT SAUCE

4 Chicken breasts, trimmed and pounded
2 Tbsp. shallots, minced
2 cloves garlic, minced
1 ½ cups cremini mushrooms, sliced
1 ½ tsp. fresh thyme, minced
1/3 cup Madeira wine
1 ½ oz. chicken demi-glace concentrate
6 oz. water
1 Tbsp. butter
crumbled gorgonzola cheese to garnish

Season chicken breasts with salt and pepper. Set aside.

Heat a sauté pan, with a little olive oil, over medium high heat. When pan is hot, add chicken breasts and cook 4 to 5 minutes per side. Transfer to a warm plate and cover with foil.

In the same pan, add shallots, garlic, mushrooms and thyme. Cook until the mixture is fragrant. Add the Madeira and cook until the pan is almost dry and the mushrooms are soft. Add the water and bring to a boil. Add the demi concentrate and cook until demi is dissolved and sauce thickens. Add butter to finish.

On a cutting board, shingle cut chicken breasts. Plate and drape sauce over chicken. Sprinkle chicken with the gorgonzola cheese and serve.

