

Boneless Breast of Chicken

with Artichoke Cream Sauce

From Jeff Miller, CEC,
Varco's Catering, Buffalo, N.Y.

Ingredients:

4 (8 oz.) boneless chicken breasts
3 eggs
juice from 1 lemon
salt and pepper to taste
2 cups flour
vegetable oil
1 can artichoke hearts in water,
drained
1 cup chicken stock
2 cups heavy cream
1 T. butter
4 oz. Romano cheese

To Prepare: In bowl, season flour with salt and pepper. Dredge chicken breasts in flour, coating front and back. In separate bowl, whip eggs, add lemon juice and salt and pepper. Dip chicken into egg mix, covering each breast entirely. Place chicken in frying pan. Saute' each side in vegetable oil on med. heat until golden brown. It takes approx. 5-8 min. to cook chicken, depending upon thickness of breasts.

(over)

After sauteeing, place chicken on pan and heat in oven at 350° for 10 min. to assure doneness. To make sauce (will take approx. 12 min.), melt butter in pan. Add artichokes, and saute. Then add stock and cook for several min., reducing by half. Add cream and cook until the cream thickens. Reduce so sauce coats back of spoon. Add cheese. To serve, place the chicken on a bed of rice pilaf and ladle sauce on top. Garnish with lemon wedge.

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