

Chicken Provençal

This version of Provençal chicken can work for chicken, veal, pork, salmon, shrimp or scallops. The combination of sauté technique and the ingredients reminiscent of Southwestern France make it delightful.



4	medium	boneless chicken breasts
1	pinch	salt
1	pinch	pepper
1/4	cup	flour
4	tablespoons	olive oil
2	tablespoons	sun-dried tomatoes
4	ounces	white vermouth
4	ounces	chicken stock
1	teaspoon	anchovy paste
1	teaspoon	tomato paste
1	medium	lemon, zested & juiced
4	large	torn basil leaves

1. Prepare the chicken breasts by removing any skin from the breasts. Placing the chicken breasts, smooth side down between two layers of plastic, pound each breast until it is 1/4 inch thick.
2. Place the salt, pepper and flour in a jelly roll pan and mix to combine. Place each breast in the flour, being sure to coat it evenly and completely. Shake off any excess.
3. Set a large skillet over medium high heat and add the olive oil from the first set of ingredients. When the oil is shimmering add the chicken breast in an even layer, making sure the breasts do not touch. Cook on the first side until golden brown, about 3 minutes. Flip the breasts then cook on the second side another three minutes. Remove the breasts from the pan and hold them on a plate nearby.
4. Add the sun dried tomatoes to the pan and sauté for about 30 seconds. Add the vermouth, chicken stock, anchovy paste, tomato paste, lemon zest and lemon juice and bring the liquid to a rolling boil, then reduce the heat to a moderate simmer. Reduce by one half and then add the chicken breasts back into the pan. Turn the heat to medium low and allow the chicken to warm up.
5. Once the chicken is warm add the basil to the pan and shake or stir gently until the herbs are evenly dispersed in the sauce.
6. To serve arrange on a large platter and pour the sauce over the top. Garnish with lemon and a sprig of herbs.