

French Pan-Fried Chicken Breasts

*Finished in the oven and
Served with German Spaetzle, Red Cabbage,
and a Port Wine Reduction Sauce*



Ingredients

1 per person: Boneless, skinless, free-range chicken breasts, seasoned with salt and pepper
Olive oil

Leave breasts on counter for 20 minutes, until room temperature.

Put them into a HOT frying pan with 1 tablespoon olive oil.

Nicely brown the skin side (where skin was before it was removed) for about 4 minutes. Flip chicken and cook other side for 1 minute ONLY. The inside will NOT be cooked at this point.

Place chicken on a cookie sheet and put in oven at 375° for 6 or 7 minutes or until medium-rare. Take out and let stand for up to 10 minutes, covered with foil and towel.

*That's the critical part.
It lets all the juices set in.*

The Sauce

1 or 2 shallots
 $\frac{2}{3}$ cup chicken stock
 $\frac{1}{3}$ cup port
 $\frac{1}{2}$ cup whipping cream

As soon as you put the chicken into the oven . . .

Put 1 or 2 chopped shallots into the frypan. Turn pan on medium heat and let shallots soften.

Pour in $\frac{1}{3}$ cup of port. Turn pan to high; let port sizzle and reduce by half.

Add $\frac{2}{3}$ cup of chicken stock and $\frac{1}{2}$ cup of whipping cream.

Reduce at medium-high, stirring occasionally until it thickens.

It's evident Cameron is a curious home cook, so I have repeatedly told him to leave his cookbooks behind and cook with his heart. After hearing about some of his creations, I think I may have created a monster! What is most important is that he is making an effort to cook and eat well—and he has fun doing it!

Guy Rubino, star of the TV show *Made To Order*, and Co-Owner and Executive Chef of Rain restaurant, in the heart of the entertainment district in downtown Toronto



Spaetzle

Here's where it gets finicky.

- Buy a premixed bag in the pasta section (passable taste) but nowhere near as good as homemade.
- Or make the spaetzle from scratch earlier in the day or the day before. It stays in the fridge a week or so.
- **Or** be a masochist like me and make it while you are doing the chicken and sauce. I love the drama of a one-man kitchen!

If **you** are making it—which you should—here's the PERFECT **German/Austrian Spaetzle recipe**.

1 $\frac{3}{4}$ cups sifted flour
4 egg yolks
 $\frac{3}{4}$ cup warm water
 $\frac{1}{2}$ cup Merlot or Shiraz wine
1 $\frac{1}{2}$ tsp. salt
1 tsp. pepper
1 tsp. each: minced onion, garlic powder, chilies
Butter

Add the flour and yolks to a bowl and mix. Add everything else and mix. It should be the consistency of pancake batter.

Let sit 20 minutes.

Add a bit of warm water to thin it back to pancake-batter consistency.

Push batter through a Spaetzle board or press, dropping the bits into a pot of boiling water. (I do the entire recipe with one huge pot of boiling water.)

Let water come to a boil. When the bits are floating, strain off the water.

Panfry the Spaetzle in butter and olive oil at medium-high heat for 5 to 7 minutes to warm it and cook it a bit more.

Red Cabbage

All great grocery stores sell it pickled in a jar. Why bother making it from scratch? Jarred red cabbage tastes awesome and is the perfect balance for this meal.



Serve and enjoy.

Wicked awesome!

