

Chicken with Sherry Dijon Sauce

Compliments of Chef Richard's Kitchen

4 servings

Brine:

3 C water
3 tsp salt
3 tsp sugar

Chicken:

3 – 4 boneless skinless
chicken
 breasts
2 Tbsp butter

Sauce:

4 oz cremini mushrooms,
 sliced thinly
1 small onion, finely
chopped
1 Tbsp green peppercorns,
brined
1 ¼ C chicken broth
¾ C whipping cream
3 Tbsp dry sherry wine
2 Tbsp Dijon mustard



Place water, salt and sugar in a water-tight freezer bag and shake to mix. Place chicken in bag, purge most if the air from the bag, seal and place in refrigerator for 30 – 40 minutes.

Remove chicken from bag and discard brine. Dry chicken with paper towel and sprinkle with salt and pepper.

Place butter in large skillet. When melted, place chicken in skillet and cook about 4 – 5 minutes on each side until cooked through. Remove from skillet and place on plate under a foil tent to keep warm.

Add onion to skillet and sauté until tender. Add mushrooms and sauté until most of the water has been removed. Add peppercorns. Sauté an additional minute.

Add chicken stock to skillet and allow to boil. Add cream, sherry and Dijon mustard to medium bowl. Whisk to combine. Add a ladle of hot stock from skillet to bowl while whisking. Then add bowl to skillet, while whisking in skillet. Once smooth, lower heat to medium simmer and allow sauce to reduce by half. When reduced, add salt and pepper to taste.

Add chicken to skillet. Cover and simmer 5 minutes. Place chicken on plate and ladle some of the sauce over the top. Garnish with parsley or other green. Serve hot.

Nutrition Facts	
Portion Size	297 g
Amount Per Portion	
Calories	347
% Daily Value *	
Total Fat 21g	27 %
Saturated Fat 12g **	60 %
Cholesterol 129mg **	43 %
Sodium 845mg	37 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 0.9g **	3 %
Sugar 2.7g **	
Protein 25g	50 %
Vitamin D 0.5mcg **	2 %
Calcium 43mg **	3 %
Iron 1.4mg **	8 %
Potassium 492mg **	10 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>