

Chicken Lyonnaise

Ingredients:

Chicken:

Aprox 8 single chicken breasts
flattened and cut into filets (2 or 3 filets per guest)
1 cup flour
2 eggs, beaten
1 tablespoon dried thyme
1 ½ teaspoon each salt and pepper

Sauce:

1 tablespoon butter
1 onion thinly sliced
1 clove garlic minced
1 ½ cups dry white wine
½ cup diced tomatoes
3 tablespoons olive oil
1 teaspoon dried thyme
1 teaspoon each salt and pepper
1 cup chicken stock
Pinch of sugar



Instructions:

Sauce Lyonnais:

Sauté onions in 1 tablespoon butter over medium heat. Add minced garlic, cook 5 minutes until onions are translucent, stirring occasionally. Stir in 1 ½ cups dry white wine. Add tomatoes, thyme, salt and pepper. Bring to a medium boil until mixture is slightly reduced. (10 minutes) Blend in 1 cup chicken stock. Add a pinch of sugar. Simmer an additional 5 minutes, stirring occasionally. Transfer sauce to another pot and keep warm.

Chicken Lyonnaise (continued)

Instructions:

Chicken:

Using a tenderizing mallet, flatten chicken breast to approx. ½ inch in thickness. Then cut into filets. Combine flour, thyme, salt and pepper in a small plastic or paper bag. Dip each filet into egg mixture (2 eggs beaten) and then coat with flour in bag. (See video)

After all the filets have been coated, fry them in the olive oil for 3 minutes each side, timing is dependent on filet thickness. Cook until a nice golden brown has been achieved but chicken is still tender. As each filet is done, transfer to an oven safe casserole dish. At this point you may want to season the chicken. This dish relies heavily on the thyme for flavor and you may need a little more salt and pepper to help it along. Pour sauce over everything and cover. Keep warm until serving.

Serves eight

From the Titanic Murder Mystery Dinner at <http://www.printablemysterygames.com>