

Chicken Poached In White Wine

½ lb Fresh mushrooms
2 tblsp Butter
½ tblsp Lemon juice
2 tblsp Minced shallots or scallions
Salt and pepper
4 chicken Fillets, about 9 x 2 inches and ¼ inch thick
Salt and pepper
¾ cup White wine or vermouth
¾ cup chicken stock
White wine sauce with herbs

Sauce

2 tblsp Butter
½ tblsp Flour
½ cup Heavy whipping cream
Salt, pepper and drops of lemon juice

Wash and slice ½ pound of fresh mushrooms. Cook slowly, about 3 to 4 minutes in covered stainless steel pan with 2 tablespoons of butter, ½ tablespoon of lemon juice and 2 tablespoons minced scallions, until mushrooms are softened but not browned. Season lightly with kosher salt and freshly milled pepper and set aside.

Add the cooking juices to the poaching liquid described below.

Preparations for Poaching:

1. Slice chicken breasts in half, about ¼ inches thick. Season lightly with salt and pepper; arrange half of them closely together in a buttered flameproof baking and serving dish.
2. Divide the cooked mushrooms over each fillet; cover with the remaining fillets.

3. Preheat the oven to 350F. Pour $\frac{3}{4}$ cup of white wine, $\frac{3}{4}$ cup of chicken stock and the mushroom juices around the chicken; add a little more wine or stock if needed so liquid almost covers the chicken. Lay a piece of buttered wax paper, cut to fit, on top of the chicken. Bring just to simmer on top of the stove; set in lower middle of the preheated oven for 10 to 12 minutes or until chicken is cooked. Drain poaching liquid into a stainless saucepan. Cover the chicken and keep warm while making the sauce.

White Wine Sauce with Herbs

Rapid boil down poaching liquid until reduced to 1 cup. Meanwhile in another saucepan melt 2 Tablespoons of butter, stir in 2½ tablespoons of flour and cook slowly stirring until butter and flour foam and froth together for 2 minutes without coloring more than a buttery yellow. Remove from heat; when bubbling has stopped, pour in all the hot poaching liquid at once, vigorously blending with a wire whisk. Beat in $\frac{1}{2}$ cup heavy whipping cream and bring to boil; boil slowly, stirring, for several minutes.

Thin out sauce as necessary with dollops of cream; sauce should be thick enough to coat a spoon lightly. Taste carefully, adding more salt, pepper and drops of lemon juice. Stir in 2 Tablespoons of minced fresh herbs such as a mixture of parsley, chives and tarragon.

Serving

Drain the chicken again, spoon the sauce over it and decorate with fluted mushrooms. Serve with steamed rice or French bread.