

Suprême de Volaille

Alliance Française DuPage Cooking Demonstration

Saturday, October 16, 2021 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 4

Special equipment: parchment paper, a sauce pan that will allow just enough room for the chicken breasts to be placed next to each other in a single layer on the bottom of the pan (NOTE: the saucepan must be able to go into the oven – no plastic handles)

Ingredients:

4 boneless, skinless chicken breasts, 6-7 ounces each

½ Tablespoon unsalted butter for greasing the underside of the parchment paper circle

4 Tablespoons unsalted European butter

1 shallot, finely minced

Juice of 1 lemon

4 ounces chicken stock

4 ounces **white** port

2 cups heavy cream

Salt and pepper to taste

Method:

Preheat oven to 400°.

Cut a round piece of parchment paper to snugly fit inside the saucepan. Grease the underside of the parchment with the ½ Tablespoon of butter. Prepare and set aside.

Melt 4 Tablespoons of butter in the saucepan and add the minced shallot. Add the chicken breasts and turn them once to coat with the butter. Make sure that all the chicken breasts are in tight contact with each other, but not overlapping.

Squeeze the lemon onto the chicken breasts, then place the parchment circle tightly in the saucepan (butter side down) just above the chicken.

Place the saucepan into a 400° oven for between 20 -25 minutes. The exact cooking time will depend on the size of the chicken breast. Cook to an internal temperature of 160°, verified with a meat thermometer.

After the chicken is cooked, take the chicken breasts out of the pan, set aside on a plate and keep warm.

Add the chicken stock and white port to the same sauce pan. (Be careful as the handle will be very hot!) On high heat, reduce the liquids down to a thick syrupy consistency, stirring occasionally.

Add the cream and reduce again on high heat, stirring often, to a thick sauce-like consistency. Adjust the sauce with salt and pepper after you are done reducing to prevent it from being too salty.

Plating

Slice each of the chicken breasts on an angle into 4 or 5 pieces and spoon the sauce over the top.

Serve with rice or pasta.

Optional version:

In a separate pan, sauté 8 ounces sliced mushrooms in 1 Tablespoon butter and 2 Tablespoons chicken stock. Sauté until very well cooked and all of the liquid has evaporated.

Add the mushrooms to the sauce at the very end of the cooking process to blend the flavors together.

Recommended mushrooms: Cèpes (fresh porcini), Girolles (chanterelles) or Morels