

Barefoot Contessa Chicken & Shallots



Serves 4 Prep 5 mins

Cooking 25 mins

Easy

Ingredients

4 boneless chicken breasts (skin left on)
salt and pepper
2 tablespoons vegetable oil
125ml dry white wine
2 lemons
1 large minced shallot
3 tablespoons heavy cream
4 tablespoons unsalted butter, diced and at room temperature

1. Preheat oven to 220C/ 200C Fan/ Gas 7. Pat chicken dry with a paper towel and sprinkle generously with salt and pepper.
2. Heat oil in a 30cm cast iron frying pan over medium high heat for 2 mins, until it just starts to smoke. Place chicken breasts, skin side down, in pan and cook 4 to 5 mins without moving, until golden brown.
3. Using tongs, turn chicken and place skillet in oven. Roast for 15 to 20 mins, until chicken is cooked through.
4. Meanwhile, in a medium sauté pan, combine the white wine, lemon juice, and shallots. Cook over medium high heat for 5 minutes, until only about 2 tbsp of liquid remain. If it reduces too much, add an extra splash of wine or water.
5. Add cream, pinch of salt, and 1/4 tsp pepper and bring to a full boil. Remove from heat, add the diced butter, and swirl pan until butter is incorporated. Don't reheat or the sauce will break. Sprinkle with more salt if needed and serve chicken with sauce spooned over.