

Chicken Breasts Diable

4 skinless, boneless chicken breast halves, preferably organic, without tenders, pounded lightly, at room temperature

1 tablespoon unsalted butter

About 1 tablespoon olive oil

Salt and freshly ground pepper

1 medium shallot, finely chopped, rinsed, and patted dry

1 garlic clove, split, germ removed, and finely chopped

1/3 cup dry white wine

1/2 cup heavy cream

3 tablespoons Dijon or grainy mustard, preferably French, or a bit more

1-2 teaspoons Worcestershire sauce

Center a rack in the oven and preheat the oven to 200 degrees F.

Pat the chicken breasts dry. Put a large skillet over medium-high heat and add the butter and 1 tablespoon oil. When the butter is melted, slip the chicken pieces into the pan. (If your pan isn't large enough to hold all the pieces at one time, cook the chicken in batches or work in two skillets.) Adjust the heat so that the butter doesn't burn, and cook the chicken until it's well browned on the underside, about 4 minutes. Turn the pieces over and cook until the other side is also well browned and the chicken is cooked through—cut into a piece to check. If the pan dries out, drizzle in just a touch more oil.

Transfer the breasts to a heatproof plate (one with a rim to catch the juices), season with salt and pepper, cover lightly with a foil tent, and keep warm in the oven while you prepare the sauce. Lower the heat to medium, toss the shallot and garlic into the pan, and season lightly with salt and pepper. Cook, stirring, just until they soften, about 2 minutes. Pour in the wine, and when it starts to bubble, stir it around so that you can pick up whatever little bits might have stuck to the bottom of the skillet. Let the wine boil for a few seconds, then pour in the heavy cream. As soon as it reaches a boil, stir in the mustard and 1 teaspoon Worcestershire sauce. Taste and decide if you want more mustard, Worcestershire, or pepper (you probably won't need more salt, since the mustard is salty). Remove the chicken from the oven, pour any juices on the plate into the skillet, and stir the sauce again. Serve the chicken with the sauce.

MAKES 4 SERVINGS

Greenspan, Dorie. *Around My French Table*