

Chicken Strips with Garlic Wine Sauce

Saturday, October 27, 2007

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Ingredients List

Flour for dredging and making rye (3 cups should do it)
Garlic Powder
Salt
8 large chicken breast halves cut into large strips
Cooking oil
1/2 stick **BUTTER**
2 cans chicken broth
1/3 - 1/2 bottle of a relatively sweet wine (White zin, pinot grigio, even a chard)
5 large cloves garlic sliced thin
10 large button mushrooms sliced into thirds or quarters

Method

Lay the chicken strips out on a sheet of waxed paper, sprinkle liberally first with salt and garlic powder then with flour to dust them. Turn chicken over & repeat.

In a large skillet, heat 1/8 inch of heated oil over medium - medium low heat, saute the chicken strips on all sides until lightly browned. Add oil as necessary to maintain 1/8 inch in pan. Place the browned strips into a large baking dish.

After all of the chicken is browned, reduce the heat in the saute pan to low, add garlic slices, butter. Stir and cook garlic for 3 - 4 minutes. It's OK for the garlic to "tan" but no browner than that or it gets very bitter.

Now, add 1/2 - 2/3 cups of flour and stir for 2 - 3 minutes to make a rye.

Add roughly 1/3 can of broth to rye - stir to thicken. Add rest of first can & repeat. Heat can be carefully increased to simmer & thicken. Add 2nd can of broth, repeat, finally followed by the wine & mushrooms, stirring frequently.

When this is simmering thoroughly, use a slotted spoon to remove the mushroom & garlic slices, transferring them to & spreading evenly over the chicken in the baking dish.

Pour the sauce over the chicken & mushrooms, scrape the pan to include all of the little flavor bits from sauteing..

Bake @ 325 for 1 hour (the sauce should be bubbling throughout the pan)

Serve over rice, mashed potatoes, elbows or egg noodles

Drink the remaining wine while you cook (Julia Childs style) or with dinner (Graham Karer style)