

CHICKEN BREASTS IN WHITE WINE AND CREAM SAUCE

Ingredients:

4 boneless chicken breasts
salt and pepper
butter
olive oil
*crème fraîche*¹
white wine

Melt 2 Tbsp. butter with 2 Tbsp. olive oil in a skillet.² Salt and pepper the chicken. Saute the pieces until they are almost cooked and browned. Remove them from the skillet. Deglaze the skillet with 1/2 to 3/4 cup white wine and then add 1/2 to 3/4 cup *crème fraîche* and mix well. Place the chicken back in the sauce and lower the heat. Cover and let simmer 10 min. more to finish cooking.³

ACTIVITIES

1. What other meats could be cooked with this sauce?
2. Why wouldn't red wine be used in this recipe?
3. What herbs could be added to this dish?
4. Why is *crème fraîche* used? What would happen if milk was used? Whipping cream? Yoghurt?
5. What are the most well known brands of French white wine? Where do they come from? What are their qualities?

Notes

- ¹ *Crème fraîche* is whole cream which has not had all the bacteria which make it thicken removed. It is not always found in the U.S. You can make a substitute by mixing equal parts heavy cream and sour cream at room temperature. Refrigerate before using.
- ² Butter gives more taste but burns at a low temperature. Adding oil permits cooking at higher temperature while keeping the taste of butter.
- ³ This dish can be held before serving. It can simmer up to an hour over very low heat or in a warming pan. In this case, it is better to not cook the meat completely before putting it in the sauce to simmer. Watch that the sauce does not become too thick.