AROUND THE WORLD IN 80 PLAYS RECIPE - FROM THE YOUNG CENTRE CAFE

CHICKEN MARSALA

BONELESS / SKINLESS CHICKEN BREAST 2 LBS

FRESH CREMINI MUSHROOMS SLICED 16 OUNCES

BUTTER DIVIDED 3 TABLESPOONS

GARLIC CLOVES MINCED 2

DRY MARSALA WINE 1 CUP

CORN STARCH DISSOLVED IN 1 TBSP WATER 1 TEASPOON

HEAVY CREAM 35% 2 TABLESPOON

SALT TOTASTE 1 TEASPOON

OLIVE OIL 1 TABLESPOON FLOUR 1/3 CUP

ALL PURPOSE SEASONING 1 TEASPOON

CHEERY TOMATOES 1 CUP

FRESH PARSLEY CHOPPED GARNISH

CHICKEN MARSALA



INSTRUCTIONS FOR CHICKEN MARSALA

In a large saucepan heat 1 tablespoon of butter, when pan in really hot add the mushrooms and sauté for 8-10 min till golden brown, add garlic and sauté for another minute.

Add the wine and allow the mix to simmer gently so as to reduce the wine and intensify the flavours When it has reduced to almost half the amount add the cream and salt and the cornstarch mix - it will start to thicken slowly

Take the chicken breast and slice them on an angle to get 1 inch thick slices

Add the flour seasoning and some salt and pepper together in a separate bowl

Dust the chicken in the above mix shaking off the extra flour

Heat the remaining butter in a large skillet and fry the coated chicken for a few minutes on each side until golden brown and cooked through

Add the mushroom and sauce mix to the chicken

Add the cherry tomatoes and simmer till soft

Garnish with parsley