

Tarragon Chicken Breasts

(Suprêmes de Poulet à l'Estragon)

Ingredients

4 skinless, boneless chicken breasts (~5-6 oz each)
½ cup dry white wine
About 1¼ cups chicken stock
1 Tbsp dried tarragon
1 garlic clove, finely chopped
¾ cup whipping cream
1 Tbsp chopped fresh tarragon
Fresh tarragon sprigs, to garnish

Directions

1. Season chicken with salt/pepper and put in a saucepan just large enough to hold them in one layer. Pour over wine & stock, adding more stock to cover, if necessary. Add dried tarragon and garlic. Bring to simmer over medium heat and cook gently for 8-10 minutes, until done.
2. With slotted spoon, transfer chicken to plate and cover to keep warm. Strain cooking liquid into small saucepan, skim off fat and boil to reduce by two-thirds.
3. Add cream and boil to reduce by half. Stir in fresh tarragon and adjust salt/pepper.
4. Slice chicken, serve with sauce and garnish with tarragon.

