

CHEF AT THE MARKET

Chef: James Leedy, The Braided Mane

Located at the Holiday Inn, 1900 Hilltop Drive

Redding, CA ~ (530)226-8491

Chicken Morengo

Ingredients

½ cup flour
1 tsp sea salt
½ tsp white pepper
1 tsp tarragon
10 chicken breasts
¼ cup olive oil
¼ cup melted butter
1 cup white wine
1 tsp lobster base
2 cups tomato puree
1 cup sliced mushrooms
1 Tbsp chopped garlic

Directions

Mix together flour, salt, pepper, and tarragon. Dredge chicken in flour mixture then let rest for 5 minutes. Save remaining flour mixture.

Heat oil and butter in skillet. Brown chicken then remove to sheet pan.

Add remaining flour mixture to skillet, mixing it with oil left after chicken was removed, then gradually stir in wine. Add lobster base. When mixture is thick and smooth, add tomato puree, mushrooms, and garlic. Stir until hot.

Pour sauce over chicken evenly and cover with plastic wrap and then foil. Place a sheet pan on top of wrapped chicken to keep air tight. Bake at 350° for 30 minutes.

Serves 10 people.

