



Chicken Marsala

Chicken Marsala is different from any chicken dish I grew up on. I don't know if my grandmother ever ate it, much less cooked it. I was told this was a Sicilian dish, although I couldn't confirm that. I can tell you, I started making it in my twenties, and since then, it has become one of my favorites. I love mushrooms, and the silky sauce takes chicken breast to a whole other level.



PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES

INGREDIENTS

- 8-10 chicken tenderloins (pounded)
- 1 cup of flour (for dredging) & 2 tablespoons (for thickening)
- ½ cup of marsala wine
- One medium-sized shallot (chopped)
- ½ lb. of cremini mushrooms (sliced)
- 2 cups of chicken broth
- ½ cup or one stick of butter (unsalted)
- Two tablespoons of olive oil
- One tablespoon of parsley (fresh is better, but dried will do)
- One teaspoon of granulated garlic
- Salt and Pepper



INSTRUCTIONS

1. Sprinkle the tenders with salt and pepper, dredge them in the flour, and then pound the chicken with the flat side of a meat mallet.
2. Melt the butter in a large frying pan on medium heat. Add the tenders and fry them until golden brown. Since they are thin, this shouldn't take too long. Remove them from the pan and set them aside.
3. Add the chopped shallots and olive oil to the same pan and cook for about 3 minutes. Add the sliced mushrooms, granulated garlic, salt, pepper, and two tablespoons of the flour and sauté for about three minutes.
4. Add the marsala wine and cook for two minutes. Place the chicken tenders back in the pan, add the chicken broth, and cook for ten more minutes until the mushrooms are soft and all the alcohol has burned off.
5. Add the chopped parsley and let simmer for another fifteen minutes. If the sauce is not thick enough, add some more flour, whisking it in to create that creamy texture.

This is a great dish to serve over parmesan risotto or pasta.

