# Chicken with Cream Sauce

Make chicken with cream sauce using boneless skinless chicken breast and the stovetop method below. Whisk liquid in gradually and scrape the corners of the pan.

| PREP | COOK | ADDITIONAL | YIELD |
|---|---|---|---|
| 15 min | 22 min | 0 min | 4 servings |



## INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (14 g) unsalted butter
- 1 tbsp (8 g) all-purpose flour
- 1 cup (240 ml) milk
- 1/2 cup (120 ml) chicken broth
- 1/4 tsp (0.5 g) ground nutmeg
- 1 tbsp (4 g) chopped parsley

## METHOD

1. Slice chicken horizontally into 4 even cutlets; season with salt and pepper.
2. Heat oil in a wide skillet over medium-high heat. Cook chicken 4-5 minutes per side until 165°F (74°C); transfer to a clean plate.
3. Lower heat and melt butter; whisk in flour and cook 1 minute.
4. Gradually whisk in milk and broth. Add nutmeg; simmer gently 5 minutes until smooth and lightly thickened. Stir in parsley.
5. Return chicken and juices to the pan; warm gently 1-2 minutes and serve.

**FOOD SAFETY** Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

# Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

## COOK’S TIPS & MISTAKES

- Whisk liquid in gradually and scrape the corners of the pan.
- Relying on color alone for doneness.
- Overcrowding the pan.
- Using utensils that touched raw chicken on cooked food.
- Adding salt before tasting the sauce.

## DONENESS

- Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

## VARIATIONS

- Herb: use dill.
- Garlic: cook minced garlic briefly in butter.

## SERVING

- Divide into 4 portions. Serve with cooked vegetables or a green salad; spoon any sauce over the chicken.

## STORAGE, FREEZING & REHEATING

- Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below; use within 3-4 days. Include any previous storage time of cooked chicken.
- Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator. Cream sauces may separate and crisp coatings soften.
- Reheat leftovers to 165°F (74°C) throughout. Warm gently in a covered skillet with a splash of water; use a 350°F (175°C) oven for breaded pieces.

## QUICK FAQ

How do I check doneness? Measure 165°F (74°C) in the thickest part with a food thermometer.

Can I prepare it ahead? Prepare ingredients separately and refrigerate promptly; cook as directed.

What is the main technique? Whisk liquid in gradually and scrape the corners of the pan.