French Chicken Recipes

Golden chicken with mushrooms in a creamy tarragon sauce

SERVES 4	PREP 15 MIN	COOK 25 MIN



INGREDIENTS

Chicken
1½ lb (680 g) boneless, skinless chicken breasts
1 tbsp (15 ml) olive oil
½ tsp (3 g) fine salt
¼ tsp (0.5 g) black pepper

Tarragon cream sauce
8 oz (225 g) sliced mushrooms
2 shallots (60 g), chopped
1 cup (240 ml) chicken broth
⅓ cup (80 ml) heavy cream
1 tsp dried tarragon
1 tsp (5 ml) lemon juice

METHOD

1. Pound chicken to ¾-inch thickness and season with salt and pepper.

2. Heat oil in a skillet over medium-high heat. Brown chicken about 4 minutes per side, then move it to a plate.

3. Cook shallots and mushrooms in the skillet for about 6 minutes. Add broth and tarragon; return chicken and its juices.

4. Simmer 8–12 minutes, turning as needed, until each portion reaches 165°F (74°C).

5. Lower heat and add cream. Simmer gently for 2 minutes; stir in lemon juice off heat.

Doneness: Check the thickest center of each piece with a food thermometer; it must reach 165°F (74°C). **Tips:** Prepare measured ingredients first and keep cream at a gentle simmer. **Variations:** Swap thyme for tarragon or use evaporated milk for a lighter sauce. **Serve:** Pair with green salad or steamed vegetables. **Storage:** Refrigerate within 2 hours and use within 3–4 days. Freeze cooked portions up to 2 months; reheat covered with a splash of water until 165°F (74°C).