



The “Three Way”

Makes 10 to 12 servings

2 batches (4 pounds) The Only Sautéed Chicken Breasts You'll Ever Need, page 133, sliced into ¾-inch-thick slices, and assembled on a serving platter. Serve the chicken with all three sauces.

DIJON MUSTARD SAUCE

Makes about 6 cups

4 cups heavy cream
1 cup milk
¾ cup Dijon mustard
½ teaspoon Coleman's dry mustard
1 clove garlic, minced
¼ teaspoon ground black pepper
1 cup white wine
2 tablespoons Better Than Bouillon chicken base
1 ½ teaspoons freshly squeezed lemon juice

In a heavy saucepan over medium-high heat, combine all of the ingredients, stirring them thoroughly. Bring the mixture to a boil, and then remove the sauce from the heat.

LEMON-BASIL CREAM SAUCE

Makes about 5 cups

1 ¾ cups milk
1 ¾ cups chicken stock
1 cup heavy cream
¼ cup plus 2 tablespoons freshly squeezed lemon juice
½ cup plus 2 tablespoons grated Parmesan cheese, firmly packed
1 clove garlic, minced
½ teaspoon plus ⅛ teaspoon salt
½ teaspoon ground white pepper
3 tablespoons butter
3 tablespoons flour
½ cup basil chiffonade

In a heavy medium saucepan over medium heat, warm the milk, chicken stock, cream, lemon juice, Parmesan cheese, garlic, salt, and white pepper, until they are just beginning to bubble around the edges.

Meanwhile, melt the butter in a small heavy skillet over medium heat, and add the flour to make a roux. Stir the mixture with a wooden spoon until it is fully cooked through, but not brown.

Add the roux to the milk mixture, and bring it to a boil, whisking the sauce vigorously to break up any lumps. Remove the sauce from the heat, add the basil, and serve.

MUSHROOM SAUCE

Makes about 5 cups

1 stick (8 tablespoons) butter
¼ cup minced shallots
2 ½ pounds mushrooms, sliced
1 ½ teaspoons salt, divided
1 teaspoon ground black pepper, divided
2 ¼ teaspoons dried tarragon
1 cup plus 1 tablespoon dry sherry
4 cups (1 quart) heavy cream
1 teaspoon Better Than Bouillon chicken base
1 tablespoon red wine vinegar
3 crack-cracks of black pepper

In a large heavy saucepan over medium high heat, melt the butter. When the foaming has subsided, add the shallots, mushrooms, ½ teaspoon plus ⅛ teaspoon of the salt, ½ teaspoon of the pepper, and the tarragon, and let them sauté for approximately 5 minutes, until the mushrooms just begin to soften. Add the sherry, and turn the heat to high.

Let the mixture boil on high heat, until the liquid is reduced by half. Stir in the remaining ¾ teaspoon plus ⅛ teaspoon of salt, the remaining ½ teaspoon of pepper, and the remaining ingredients, and bring the sauce again to a boil. Remove the sauce from the heat, and serve it warm.

OPPOSITE: *I ask . . . why not invigorate some ordinary chicken breasts with three super-delicious, elegant sauces?*

Magic Grilled Chicken Marinade

Makes enough for 5 pounds of chicken
(12 to 15 servings)

¼ cup olive oil
1 ½ cups soy sauce
1 cup white wine
5 cups water
2 cups finely chopped onion
24 cloves garlic
1 ½ teaspoons dried oregano
½ teaspoon Coleman's dry mustard
½ teaspoon ground black pepper

Place all of the ingredients in a large bowl, and add whatever pieces of chicken you're grilling. Cover the bowl, refrigerate it, and let the chicken marinate at least overnight, but up to two days, before grilling.

NOTE: The secret to grilling is letting the chicken rest for at least 10 minutes before serving.

The Only Sautéed Chicken Breasts You'll Ever Need

Makes 2 pounds (4 to 6 servings)

2 pounds boneless, skinless chicken breasts
1 teaspoon salt
½ teaspoon ground black pepper
6 tablespoons butter
¼ cup dry sherry

Add the chicken, salt, and pepper to a large mixing bowl and toss them together until the seasonings fully coat the chicken, and there are no seasonings left in the bowl.

In a large heavy skillet over medium-high heat, melt the butter. When the foaming has subsided, add the seasoned chicken, and sear it on each side for approximately 3 minutes until it is just brown. Add the sherry, turn the heat down to medium-low, cover the skillet, and continue to cook the chicken until it is fully cooked-through, approximately 10 to 15 more minutes.

Secret Poached Chicken

Makes 2 ½ pounds (4 to 6 servings)

1 ¼ teaspoons salt
½ teaspoon plus ⅛ teaspoon ground black pepper
2 ½ pounds boneless, skinless chicken breasts
½ onion, chopped
½ celery rib, chopped
½ carrot, chopped
1 tablespoon pink peppercorns
1 tablespoon dried tarragon
4 cups chicken stock
1 cup white wine

Add all of the ingredients to a heavy stockpot and bring them to a boil. Turn the heat down to a slow simmer and poach the chicken for 15 to 20 minutes until it's just cooked-through.

Turn off the heat, let the stockpot cool, cover it, and set it in the refrigerator overnight. If your stockpot won't fit in the refrigerator, transfer the chicken and its liquid to a bowl, cover it, and set the bowl in the refrigerator overnight.



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