

Sautéed Chicken Breasts with Corn and Shallots
“60-Minute Gourmet,” by Pierre Franey
The New York Times, August 7, 1985

Total Time: 15 minutes

Prep: 5 minutes

Cook Time: 10 minutes

Yield: 4 servings

Ingredients

4 skinless, boneless chicken breasts

Salt to taste

Freshly ground pepper to taste

2 large ears of corn

2 tablespoons butter

1/4 cup finely chopped shallots

1/2 cup dry white wine

2 tablespoons Dijon mustard

2/3 cup heavy cream

1/4 cup coarsely chopped fresh chervil or parsley

Preparation

Sprinkle chicken breasts on both sides with salt and pepper.

Cut the kernels from the ears of corn. There should be about 1 cup. Set aside.

Heat butter in a skillet large enough to hold the breasts in one layer. Add the chicken, cook 3 minutes and turn. Cover and cook 5 minutes longer.

Transfer chicken pieces to a hot serving dish. To the skillet add shallots and cook briefly. Add wine and bring to boil. Add the corn and stir in mustard.

Add cream and stir to blend. Bring to boil and add the chervil or parsley. Pour and scrape the sauce over the chicken pieces and serve.