
KITCHEN CONNAISSEUR

Raspberry Chicken



Served with wild rice and sautéed baby leaf spinach... this is beautifully Canadian and perfect for entertaining! Typically I wouldn't recommend walnut oil for pan-frying because the smoke point is so low and things tend to burn easily— but it works nicely with this recipe – browning the chicken to perfection. Just be careful not to overheat the oil. Aside from the marinating time this chicken dish is easy to make and can be prepared in about 20 minutes. Serves 4 elegant portions.

ingredients

MARINADE INGREDIENTS

- 4 Split chicken breasts- boneless, skinless
- 1/4 cup *Basil Flavoured Walnut Oil*
- 1/4 cup *Raspberry Wine Vinegar*
- 1 Tbsp *Maple Cappuccino Sauce*
- 1 tsp *Herbs from Provence*
- To taste Black Pepper- freshly ground
- To taste Salt- preferably fleur de sel

COOKING INGREDIENTS

- 4 Tbsp *Basil Flavoured Walnut Oil*
- 4 Tbsp Shallots - fresh, finely chopped
- 4 Tbsp Ginger - fresh, finely chopped
- 1/2 cup *Raspberry Wine Vinegar*
- 1/2 cup Chicken stock
- 1/2 cup Heavy cream - 35%
- To taste Black Pepper- freshly ground
- To taste Salt- preferably fleur de sel
- 2 Tbsp Raspberry liqueur (optional)
- 20 whole Raspberries – fresh

instructions

1. Rinse the chicken well and pat it dry. Remove the fillets (the finger-size muscle on the back of each piece) and reserve them for another use. I like to freeze them for a stir-fry. Slightly flatten each breast with the flat end of a meat pounder.
2. In a shallow dish with a cover, whisk the remaining marinade ingredients together. Add the chicken and toss it around assuring that it is coated. Allow to sit in the fridge for 2 – 24 hours, turning occasionally.
3. Remove the chicken from the fridge and allow it to sit at room temperature for 1 hour before cooking.
4. To prepare the chicken: heat the oil in a large skillet, remove the breasts from the marinade and cook over medium heat until they are lightly coloured - about 2 minutes per side. Remove the chicken from the skillet and set aside.
5. Add the shallots and ginger to the skillet and cook over low heat until they are translucent, about 3 minutes.
6. Add the vinegar, raise the heat to high, and boil stirring occasionally, until it has reduced to a syrupy consistency – and about 1 Tbsp in volume. Whisk in the chicken stock, heavy cream and raspberry liqueur. Simmer for 1 minute or until the sauce thickens slightly.
7. Return the chicken breasts to the skillet and gently simmer in the sauce until they are done - about 5 minutes. Be careful not to overcook them – one of the nice features of cooking chicken this way is how beautifully moist it is.
8. Remove the breasts from the pan. Set aside. Simmer the sauce gently until it has reduced and thickened slightly (3-5 minutes.) If desired strain the sauce through a sieve to remove the pieces of onion and ginger, and put it back in the pan. Bring to a quick boil and add the raspberries, cook for 1 minute or less. Pour the sauce over the chicken and serve immediately with *Wild Rice with Mushrooms* and *Roasted Garlic Sautéed Spinach*. (see these recipes elsewhere on our website)