

Creamy Garlic Chicken

This Creamy Garlic Chicken is smothered in a rich and flavorful gravy that's easy to make in a single skillet.

Ingredients:

2 large boneless skinless chicken breasts

Salt/Pepper

3 teaspoons Italian seasonings

½ cup all-purpose flour

4 Tablespoons Parmesan cheese, shredded

3-4 Tablespoons olive oil

Sauce:

3 Tablespoons unsalted butter

10 cloves garlic

3 Tablespoons flour

2 ½ cups chicken broth

1 beef bouillon cube or 1 tsp better than bouillon

1 teaspoon low sodium soy or Worcestershire sauce

1 teaspoon onion powder

½ teaspoon mustard powder

½ teaspoon dried thyme

½ cup heavy cream

½ cup Parmesan cheese

Directions:

Combine the chicken broth, bouillon, soy sauce, onion powder, mustard powder, and thyme. Set aside.

Combine flour and Parmesan cheese on a plate and measure out additional ingredients prior to beginning.

Slice the chicken to create 2-3 thinner slices. Place the chicken in a gallon freezer bag (or in between saran wrap) and use the textured side of a meat mallet to pound it to ½ inch thick. Pat completely dry.

Season with Italian seasoning and salt/pepper. Dredge each side in the flour mixture. Tap off excess.

Heat olive oil in a large skillet over medium-high heat. Sear the chicken in batches for 4-5 minutes per side, until a golden crust has developed. Set aside and leave brown remnants in the pan. (See notes for key tips for searing chicken.)

Melt the butter in the skillet over medium/medium-low heat. Use a silicone spatula to "clean" the bottom of the pot. Add the garlic cloves and let them soften and caramelize for 6-7 minutes.

Add the flour and whisk with a fork for 1-2 minutes, until raw flour smell is gone and it begins to brown.

Add the chicken broth mixture in splashes, stirring continuously.

Stir in the cream. Bring to a boil, then reduce heat to low. Stir in the Parmesan cheese.

Add the chicken back to the pan along with any juice from the plate. Spoon the sauce on top. Cover and cook for 5 minutes. The sauce will continue to thicken during this time.

Garnish with parsley and serve with mashed potatoes and roasted green beans!



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