

Chicken marsala on toast

This is an exquisite chicken Marsala recipe. The sauce explodes with flavor and the chicken is moist and succulent.

Ingredients:

3 tablespoons of butter
2 tablespoons of olive oil
2 chicken breasts (skinless and boneless)
1 cup of sliced white mushrooms
1 teaspoon salt to taste
½ teaspoon of pepper
1 shallot finely minced
1 tablespoon of flour
2 cups of chicken stock
1 cup of dry Marsala wine
2 tablespoons of fresh chopped parsley

Method:

Heat up 2 tablespoons of butter and 2 tablespoons of olive oil in a frying pan on medium heat. Add the chicken breast and cook for 5 minutes on each side. Remove the chicken breasts. They should be half way cooked through and will be finished cooking in the sauce.

Add about 1 tablespoon of butter to the pan and add the mushrooms. Gently sauté the mushrooms for about 5 minutes adding a large pinch of salt and pepper. Move the mushrooms to the outer edge of the pan. Add the minced shallot to the cleared section in the centre of the pan. Sauté for 2 -3 minutes, eventually mixing with the mushrooms. Sprinkle over one tablespoon of flour over the mushrooms and shallots and sauté for 3-5 minutes to remove any starch.

Add one of dry Marsala wine and reduce the sauce by heating for 3-4 minutes until the sauce thickens to a molasses consistency. Immediately add two cups of chicken broth and bring up to a simmer. Further reduce the loose liquid stock for about 5 minutes. Place the chicken breasts in the sauce and turn the heat down to low and cook 5 minutes per side until cooked. Add the parsley to help balance the sweet flavour of the dish. Stir in 1 teaspoon of butter to the sauce..

Serve on toast with a side salad. Spoon the Marsala sauce over the chicken

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