

Sautéed Chicken Breast with Apricot and Walnut Sauce- serves 2

Preparation:

For the Sauce

3 Tablespoons Chopped Walnuts
1½ teaspoons, fresh Shallots, chopped fine
2 to 3 whole fresh apricots ½" dice or 3 dried apricots that have been soaked in water overnight
1 teaspoon fresh Basil, chopped
1 teaspoon fresh tarragon, chopped
½ Cup prepared Demi Glace, Brown Sauce or Gravy
Salt & fresh ground Black Pepper, to taste

For the Chicken

2 Tablespoons Olive Oil
2 Tablespoons fresh Basil, chopped
Salt & fresh ground Black Pepper to taste
2 each, 5 to 6 ounce Chicken Breasts, sliced on the bias into ¼" inch thick slices

Whisk together the olive oil, basil, salt and pepper and pour over the chicken. Toss lightly to coat, cover and refrigerate for 4 hours to overnight.

For the Flatbread

1 each of your favorite style Flatbread or Pocket-less Pita Bread
1 teaspoon Extra Virgin Olive Oil

For the Salad

2 Tablespoons Balsamic Vinegar
2 teaspoons Whole Grain Mustard
2 teaspoons Honey
1 teaspoon fresh Shallots, chopped fine
1 Tablespoon Extra Virgin Olive Oil
Salt & Fresh Ground Black Pepper, to taste
4 Cups washed and cleaned fresh Arugula leaves
2 to 3 whole Cipollini Onions in Balsamic, sliced thin (or substitute with any sliced sweet onion)
3 Tablespoons Goat Cheese, crumbled
2 fresh Figs quartered or ½ ripe avocado, skinned, pitted and sliced thin

To Serve:

The Salad Dressing

In a medium bowl, whisk together the vinegar, mustard, honey and shallots. Whisk in the olive oil and season with salt and pepper.

The Flatbread

Brush the flatbread with the olive oil and grill or warm in a 350°F oven for 5 minutes. Hold warm for service.

The Chicken

Preheat 1 large sauté pan or skillet and 1 medium sauté pan over medium heat. Add 2 teaspoons of olive oil to the large pan to coat the bottom. Carefully place the chicken slices in the pan and cook for 1 to 2 minutes on each side until fully cooked. Remove from the heat and hold warm in the pan.

The Sauce

Add 2 teaspoons of olive oil to the medium sauté pan and add the walnuts. Toast the walnuts for about a minute until they become aromatic. Immediately add the shallots, stir to coat with the oil and add the apricots. Stir the ingredients together for a few seconds and add the tarragon, basil and demi glace. Simmer for 1 to 2 minutes to the desired thickness. Season with salt and pepper, remove from heat and hold warm in the pan.

Plating

Place the arugula, onions and goat cheese in the bowl with the dressing and toss lightly to coat. Split the salad onto 2 plates and place avocado slices on top.

Cut the flatbread in half and place on the plates.

Arrange the chicken slices on the plates and pour the sauce over the chicken. Happy Valentine's Day!

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