

CHICKEN FRICASSEE WITH PINK LADY APPLES & CARMELIZED ONIONS

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4 servings

2 large boneless skinless chicken breasts (1 ½ pounds total)
Salt and pepper
¼ cup all-purpose flour
2 tablespoons unsalted butter
2 tablespoons vegetable oil
2 pink lady apples, cored and cut into ¼ inch thick slices (do not peel)
1 medium yellow onion, finely chopped
2 teaspoons minced fresh thyme or ¾ teaspoon dried thyme
¾ cup apple cider
¾ cup chicken broth
¾ cup heavy cream
1 tablespoon apple cider vinegar
1 tablespoon minced fresh scallions

Directions:

- Slice the chicken breasts in half horizontally to form flat fillets.
- Pat the chicken dry with paper towels and season all over with 1 teaspoon salt and ½ teaspoon pepper
- Spread the flour in a shallow dish
- Dredge the chicken in the flour to coat, shaking to remove excess and then transfer to a plate and set aside
- Melt 1 tablespoon of the butter with 1 tablespoon of the oil in a 12-inch nonstick skillet over medium-high heat
- Add the apples to the pan and season with ¼ teaspoon salt and ¼ teaspoon pepper
- Cook the apples, stirring occasionally, until lightly browned and softened, 6-8 minutes
- Transfer to a second plate and set aside
- Melt the remaining butter with the remaining oil in the now-empty skillet over medium-high heat
- Add the chicken and cook until lightly browned but not quite cooked through, about 2 minutes per side
- Set the partially cooked chicken on another plate and set aside
- Add the onion, thyme, a heaping ¼ teaspoon salt, and ¼ teaspoon pepper to now-empty skillet and cook over medium heat until the onion is softened and browned, 4-5 minutes

- Add the cider and broth to the skillet, increase the heat to high, and bring the mixture to a boil
- Cook, uncovered, until the liquid is reduced by approximately half, about 5 minutes
- Add the cream and bring to a boil
- Cook until sauce has thickened slightly, 2-3 minutes
- Add the chicken and any accumulated juices back to the skillet, reduce the heat to low, and simmer, uncovered, until the chicken is cooked through, 2-3 minutes
- Stir in the vinegar and apples
- Taste the sauce and adjust the seasoning, if necessary
- Spoon the sauce and apples over the chicken, sprinkle with the scallions and serve