

Chicken Mornay

Recipe: Melissa Schenker/Foodie for Two

Makes 2 servings

Oven: 375° | Prep Time: 20 minutes | Cook Time: 20 minutes

Ingredients:

2 cups broccoli florets

Chicken

1 large chicken breast, cut in thirds lengthwise

Dredging:

½ cup flour

½ teaspoon salt

1/8 teaspoon ginger

¼ teaspoon onion powder

1/8 teaspoon fresh ground pepper

2 to 3 tablespoons olive oil

Sauce

Roux: 3 tablespoons butter and 3 tablespoons flour

½ cup cream sherry

¼ cup water

1 ¾ cup milk (used 1%) – warm for 2 minutes in microwave on full power

6 slices American cheese (used Boarshead brand), plus for topping

8 button mushrooms, thinly sliced

Pinch of fresh nutmeg

1 teaspoon salt

1/8 teaspoon fresh ground pepper



Directions:

Heat oven to 375°

Broccoli: In a medium soup pot, fill ¾ full with water and bring to a boil. After water has come to a boil, add a pinch of salt and the broccoli florets; par-boil for 4 minutes. Transfer to an ice bath (large bowl filled with water and a good layer of ice cubes) and let sit for 2 minutes. Drain, transfer to an 8" x 8" cooking dish and toss with a small amount of salt and pepper to taste. Arrange around the perimeter of the cooking dish.

Chicken: Heat a medium skillet to medium-high and add the oil. While the pan is heating, add the flour and spices to a small paper bag and dredge each piece of chicken, dusting off any excess flour. Transfer to a plate and continue with the remaining chicken pieces. When the oil is hot, add the chicken and cook for 3 minutes until golden brown, turn over (add a bit more oil if needed) and cook for another 3 to 4 minutes. Transfer chicken pieces to the middle of the cooking dish.

Sauce: For the roux, add the butter to a ramekin or small glass bowl. Microwave on 10 second increments until the butter is melted. Add the flour and stir well, set aside.

Using the same skillet that the chicken was cooked in, turn the heat to medium and add the sherry and water to de-glaze the pan. Cook for 5 minutes to reduce. Add the roux and stir well until it is completely incorporated into the liquid. Add the milk and whisk together; bring to a boil to thicken, about 5 minutes, stirring often. Add the cheese, mushrooms and spices, and stir well to melt the cheese.

Pour sauce over the chicken and broccoli in the cooking dish and bake uncovered for 20 minutes.



Eat well and share the love!

© Foodie for Two/June 2013

Food Blog: <http://foodiefortwo.wordpress.com/>