
Chicken in White Wine, Tarragon and Mascarpone Sauce

Instructions

Slice each chicken breast in half through the centre to create thinner fillets and season with pepper (no salt, as you will be adding chicken stock).

Add olive oil to a hot pan, and add the chicken pieces. Brown them quickly on both sides, then add the wine, bay leaves and dried tarragon (if using).

Reduce the liquid over a high heat until the wine has nearly evaporated, then add the chicken stock.

Cook the chicken in the stock until the liquid forms no more than a thin layer on the base of the pan. If your chicken is very thinly sliced, you may need to remove it before reducing the stock, so as not to overcook. Keep warm.

When the liquid has reduced sufficiently, lower the heat and add the mascarpone, using a whisk to incorporate. The sauce should be thick and coat the back of a spoon. Add the chopped fresh tarragon.

If you have removed the chicken, return it to the pan for a couple of minutes, adjust seasoning and serve.

Note: you can adjust the level of tarragon to taste by adding more at this stage.

A quick and easy supper for two. Delicious served with small new potatoes, halved, tossed in olive oil, salt and pepper and roasted in a medium-hot oven for about 40 minutes.

Ingredients

2 skinned chicken breasts
1 glass dry white wine
350 ml chicken stock
250 gm mascarpone
1 tbsp chopped fresh tarragon (or
1 tsp dried)
3 bay leaves
salt
pepper
1 tbsp olive oil