

Blood Orange Chicken

Originally inspired by a traditional liver recipe from Tuscany, this has become one of the restaurant's best sellers.

Different varieties of blood oranges have different qualities, some are more flavorful and less colorful. Others are the opposite, and, of course, some are both.

I have tended to prefer to buy Italian blood oranges (their country of origin), but as time has gone by, Californian blood oranges have become more flavorful, and have been seen more frequently in my kitchen.

4 ounces	chicken breasts, boned and skinned
1 Tbs	flour
1/2 Tbs	clarified butter
1/4 cup	Chicken Reduction—see <i>Miscellaneous</i>
3 Tbs	blood orange juice
6 sections	blood orange, peeled and de-seeded
1 tsp	shallots, minced
1/2 Tbs	pine nuts, toasted

Procedure

- Trim any fat from the chicken breast. Cut at a slight angle into pinkie finger thick slices.
- Toss chicken with flour until lightly coated. Gently shake off any excess flour.
- Heat clarified butter in a non-stick sauté pan for half a minute. Carefully lay the chicken in the hot butter. Cook until the edges of all the chicken slices show white in color.
- Turn each piece of chicken over with tongs or a fork. Cook half a minute more.
- Add all other ingredients, EXCEPT the pine nuts. Cook until the sauce is thick; turning the chicken after a minute.
- Garnish with the pine nuts and serve
- **NOTE:** User a larger sauté pan and multiply the ingredients according to how many guests you have. A 10" pan will comfortably cook 4 portions.

Servings: 1

Yield: 4 ounce serving