

Chicken Marsala

My cousins' grandmother was like my very own. Grandma Julia was born in Bari, Italy. She was one of the best cooks I ever knew. After I convinced her (with some help from my mother) that my own Nana Esther had been teaching me how to cook, she allowed me, though I was a boy, to assist her in the kitchen.

Some of my cooking methods break the rules, like in this recipe. But then, chefs don't always know better than grandma. Many an Italian, born and raised in Italy, have called my Marsala one of the best they have ever eaten. When told of Grandma Julia, several have said some variation of, "Ah, Bari. One of the best kept secrets in Italy. No wonder it's so good."

This recipe is so fast and easy you can practically make it to order at a dinner party!

4 ounces	chicken breasts, boned and skinned
1 Tbs	flour
1/2 Tbs	clarified butter
1/4 cup	Chicken Reduction—see <i>Miscellaneous</i>
1/3 cup	Marsala wine, sweet
1/4 cup	mushrooms, sliced

Procedure

- Trim any fat from the chicken breast. Cut at a 45° 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 and cook until the sauce is thick, turning the chicken after a minute. Serve.
- **NOTE:** Use 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 portion