

Maple-Braised Chicken Breast

Recipe By : Chef David Jones CCC, Georgian College Culinary Programs
Serving Size : 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|-----------------------------------|
| 4 | ea | boned and skinned chicken breasts |
| 5 | g | butter |
| 25 | g | shallot -- minced |
| 1/2 | clove | garlic -- minced |
| 500 | ml | maple syrup |
| 1 | g | dried thyme |
| 15 | g | cranberries |
| | | salt and pepper -- to taste |

1. Melt butter over moderate heat in a pan that is deep enough to enable you to cover the breasts with syrup.
2. Add chicken breasts and brown on one side.
3. Turn breasts to colour second side and add shallots and garlic. Cook but do not colour.
4. Add enough syrup to cover the breasts.
5. Add dried thyme.
6. Simmer breasts gently until they are cooked, skimming any foam that floats to the surface.
7. Remove breasts from the syrup and keep them warm.
8. Reduce syrup to a sauce consistency.
9. Add cranberries and cook until warm. (don't let them 'pop')
10. Season to taste.
11. Serve syrup over chicken breast and garnish with the cranberries.

Source:
"www.wyemarsh.com"

Serving Ideas : Serve with your favourite side dishes.

NOTES : Chicken may be replaced by turkey, pork, or veal.