

Chicken Breast with Tarragon Cream Sauce paired with Davis Estates Cabernet Franc

INGREDIENTS:

Chicken Breast with Tarragon Cream Sauce

4 boneless skinless chicken breasts 6 ounces each
Salt and pepper
1 tablespoon butter
1 tablespoon olive oil
1 shallot, chopped
1 clove garlic minced
3/4 cup heavy whipping cream
1 tablespoon plus 1 teaspoon minced fresh tarragon, (the teaspoon is for plating)
Juice and zest from one lemon

SERVES: 4

Carrots with Yellow squash and Tarragon

2 tablespoons extra virgin olive oil
4 baby leeks, white and light green part only, halved lengthwise, cleaned, and sliced
2 garlic cloves, minced
3 large carrots, peeled, then cut in 3-inch lengths and then into 1/4 inch batons
2 zucchinis, cut into 3-inch lengths and then into 1/4 inch batons
2 yellow squash, cut into 3-inch lengths and then into 1/4 inch batons
1/4 cup water
1/4 cup dry vermouth
Salt to taste
2 teaspoons fresh lemon juice
1 tablespoon chopped fresh tarragon

METHOD:

Chicken Breast with Tarragon Cream Sauce

- Pound chicken breasts with a meat mallet to about 1/2-inch thickness. Season chicken with salt and pepper to taste.
- In a large skillet, heat butter and oil over medium heat. Add chicken; cook 4-5 minutes on each side or until temperature reaches 155°F on a meat thermometer. Remove chicken from pan and keep warm.
- Add shallot and garlic to skillet, cook and stir over medium heat until tender.
- Add cream, scrape and mix in any fond (fond is the caramelized bits left in the bottom of a pan after you've browned meat or vegetables.) Increase heat to medium-high, cook until slightly thickened.
- Stir in 1 tablespoon tarragon, lemon juice, and zest, adjust seasonings if needed. Garnish with the remaining teaspoon of tarragon.

Carrots with yellow Squash and Tarragon

- Heat the olive oil in a medium saucepan over medium heat.
- Add the leeks and a pinch of salt. Cook until just about tender, about three minutes.
- Add the garlic, and cook, stirring, 30 seconds to a minute.
- Add the carrots, water, vermouth, and salt to taste, and bring to a simmer.
- Cover and simmer 6 minutes until the carrots are just tender, then add in squash and zucchinis and cook 3-5 min until just tender.
- Stir in the lemon juice and tarragon. Adjust seasoning if needed.

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To Finish

On a warm plate, place your Chicken Breast, Carrots and Yellow Squash. Garnish with Tarragon Cream Sauce
Serve immediately with a glass of Cabernet Franc.