



Apple Almond Chicken

Apple Almond Chicken with Long Grain Rice and Green Bean Almondine
From the kitchen of: Foster's Boiler Room



SERVINGS:
XX



PREP TIME:
XX MINUTES



COOK TIME:
XX MINUTES

Ingredients

1 lb chicken breast
1/2 cup flour
3 Macintosh apples (cored and sliced in eight pieces)
64 oz apple juice
1/2 lb butter
1 pint heavy cream
1 cup sliced almonds
1 clove garlic
pinch salt and pepper
2 cups long grain rice

Almondine Sauce Ingredients:

1/4 cup butter
salt and pepper
1 cup sliced, blanched almonds
1/8 cup Amaretto
salad oil

Directions

1. Bring apple juice to a boil in a pan and reduce by half.
2. Add garlic, salt and pepper.
3. Slow to a simmer and add heavy cream.
4. Bring back to a slow boil.
5. Make a roux (flour and butter) and add until desired consistency.
6. Add sliced apples and keep warm.
7. Heat sauté pan and flour both sides of chicken breast.
8. Pan sear chicken breast evenly on both sides and season with salt and pepper.
9. Add sauce to chicken pan and finish cooking chicken breasts.
10. Arrange on large serving platter around rice and green beans. Get a fork and enjoy.



Almondine Sauce:

1. Heat large sauté pan with tablespoon of oil.
2. Add almonds.
3. Stir often to avoid burning the almonds.
4. Once almonds begin to brown, remove from heat and add Amaretto.
5. Return to heat, but be careful, alcohol will ignite.
6. Cook off alcohol, add salt, pepper and butter to thicken the sauce.

Tips from the Chef

Idea is to put tips, like best way to reheat, or suggested substitutions for alt ingredients for allergies, suggested cooking tools, etc.