

## Chicken with Bell Pepper and Onion Confit

Bon Appetit, September 2001, p. 152  
Fringale, 570 4<sup>th</sup> St, San Francisco, CA  
Serves: 4

*¾ cup plus 7 tablespoons olive oil (HdeH use ¼ cup)*  
*2 medium onions (HdeH red onion), thinly sliced*  
*2 red bell peppers, very thinly sliced*  
*1 yellow bell pepper, very thinly sliced*  
*6 garlic cloves, minced*  
*1 tablespoon chopped fresh thyme*  
*1 tablespoon sugar*  
*¼ fresh lemon juice (HdeH less)*  
*4 skinless boneless chicken breast halves*  
*¾ cup all purpose flour*

1. Heat ¾ cup oil in heavy large saucepan over medium-high heat. Add onions and sauté 3 minutes. Add all bell peppers, garlic, thyme and sugar; sauté 5 minutes. Reduce heat to medium-low. Cover and cook until vegetables are very soft, stirring occasionally, about 15 minutes longer. Drain confit and cool; discard cooking oil (HdeH keep it). Season to taste with salt and pepper.
2. To make puree ½ cup bell pepper confit, lemon juice and 5 tablespoons olive oil in blender until smooth. Season sauce to taste with salt and pepper. *(Bell pepper confit and sauce can be made 1 day ahead. Cover separately and refrigerate.)*
3. Preheat oven to 400F. Heat remaining 2 tablespoons olive oil in large ovenproof skillet over medium-high heat. Sprinkle chicken with salt and pepper. Coat in flour; shake off excess. Sauté chicken in skillet until golden, about 1 minute per side. Transfer skillet to oven and bake chicken until cooked through, turning once, about 12 minutes.
4. Meanwhile, rewarm bell pepper confit over medium heat. Stir sauce over low heat just until heated through. Spoon bell pepper confit onto 4 plates.
5. Slice chicken diagonally and place atop bell peppers. Drizzle sauce around chicken and serve.