

Sautéed chicken with caraway and cream

City Cuisine, Susan Feniger and Mary Sue Milliken

6 Servings

6 skinless, boneless whole chicken breasts
Salt and freshly ground pepper to taste
½ cup vegetable oil
6 shallots, minced
2 tablespoons caraway seeds, chopped
2 cups Madeira
4 cups chicken stock or canned broth
2 Cups heavy cream
½ teaspoon salt
¼ teaspoon white pepper



1. Cut chicken into ½-inch wide strips and season with salt and pepper. Combine in a medium-mixing bowl with 2 tablespoons vegetable oil. Toss to coat.
2. Heat remaining oil in a large skillet over high heat. Fry chicken strips until golden all over but pink inside, about 1 minute per side. Remove from pan and reserve.
3. In same pan, cook shallots over moderate heat until soft, about 2 minutes. Add caraway seeds and carefully cook just until aroma is released, about 1 minute. (It's very easy to burn the seeds.) Add Chicken Stock, reduce again by half, and add cream. Reduce by about half, or until cream has thickened sauce to suit your taste.
4. Reduce heat, stir in remaining seasonings, and return chicken and juices to pan to reheat. When sauce returns to a boil, remove from heat and serve. Spoon chicken over a bed of Spaetzle or pasta. Ladle on sauce and serve immediately.