

Chicken & Artichokes in Champagne Sauce



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

If you don't have champagne, you can use white wine, sherry or chicken stock

Serves 4

2T olive oil		1 pinch cayenne pepper
2T butter	1 ~ 16oz can artichoke hearts in water, drained	2T flour
salt and pepper	1 shallot, minced	1/2c champagne
4 boneless, skinless chicken breasts, diced	2 garlic cloves, minced	1/2c chicken stock

Preheat oven to 350.

Heat olive oil and butter in large, oven~proof skillet. Season chicken with salt and pepper and brown in skillet.

Add artichoke hearts, shallot, garlic and cayenne pepper. Stir well. Sprinkle flour on chicken mixture and stir 3 minutes. Add champagne and chicken stock, stir well until a sauce forms making sure there are no lumps. Season with salt and pepper.

Place skillet in oven and bake 30 minutes or until mixture is hot and bubbly and chicken is cooked through.

Serve over rice or buttered noodles.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com