

Balsamic Butter Chicken – Chef Alison Mountford

By Alison Mountford for RINewsToday.com



QUICK TIPS - Put this recipe in your back pocket for an easy win! So few ingredients, but delivers such a big return in tastiness.

INGREDIENTS

- 5 Tablespoon balsamic vinegar
- 2.5 teaspoon kosher salt
- 1.25 pound chicken breast (boneless, skinless)
- .25 cup unsalted butter (divided)

INSTRUCTIONS

1. **PREHEAT THE OVEN TO 400 DEGREES**

2. **MARINADE**

In a Tupperware or airtight glass container, combine 2 Tablespoons of balsamic vinegar and 1 teaspoon of kosher salt with $\frac{1}{4}$ cup of cold water.

Butterfly the chicken breasts - that is, place one on a cutting board, and slice in half, parallel to the board, thinning it out all the way across. Add the chicken to the container. Turn to coat if needed.

Ideally - marinate for 45 minutes to 1 hour. If you don't have time to marinate it, skip this step entirely and don't waste the ingredients on the marinade!

3. **SEAR**

Remove the chicken pieces from the marinade and use paper towels to pat them dry. Set a large skillet over medium heat, then add 2 Tablespoons of butter. When it's melted, add the chicken.

Cook for 4 minutes, until the bottom of the chicken is golden, with some char around the edges. Rotate the pan and lower the heat if needed, to avoid any burning.

Flip the chicken and keep cooking for another 2 to 3 minutes. When any pieces are fully cooked, remove them from the pan and keep cooking the rest and add in another batch with a bit more butter until all of the chicken is in the pan (or finished).

On your last batch, when it's been flipped and almost done cooking, add the remaining butter (about 3 Tablespoons butter) and 3 Tablespoons of balsamic to the pan. When the butter has melted and it starts to look like sauce, add the removed pieces of chicken and juices back in. Flip to coat. Simmer gently over medium low, until the sauce reduces a bit.

Finish chicken with a big pinch of salt - kosher or fancy Maldon Sea salt. Serve over rice, potatoes, or pasta with your favorite veggie on the side!