

Chicken Amandine

- chicken tenderloins, or strips of chicken breast
- salt
- pepper
- butter
- white flour
- sliced almonds
- white sugar
- parsley and/or tarragon
- lemon juice

Pound the chicken flat with a mallet. Salt and pepper.

Melt butter in a pan, over medium heat.

Meanwhile, place the chicken in a plastic bag with a little bit of white flour. Shake to coat the chicken. If it's a little thin, add some more flour.

Cook the chicken in the butter. Be sure that it is thoroughly cooked, and let the chicken get a little golden on each side.

Remove the chicken to a serving platter. Add a little extra butter to the pan, if needed, and brown the almonds. Add a little bit of sugar and salt and pepper.

Chop up some herbs, and add with the lemon juice.

Pour sauce over chicken.

Serve immediately with [rice](#) ^[1].

Preparation time: 20 minutes

– [Subscriptions \(1\)](#)

©1992-2014 by Scott David Gray

Source URL: <http://kitchen.unseelie.org/node/226>

Links:

[1] <http://kitchen.unseelie.org/.//225>