

Quick Chicken w/ Tomato-Garlic Compote

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 25 minutes

Chef's Notes

The grape tomatoes, shallots and crispy garlic make a lovely sauce that lends itself well to the pan fried chicken but it also goes well with grilled fish, or is even nice served over fresh pasta.

Keep a close on the garlic when you fry it. If you overcook it, the sauce will have a bitter taste.

Cooking the Chicken

To begin, set the oven to the lowest setting.

For the chicken, start by trimming the breasts of any excess fat. Then slice the chicken on the bias into approximately 1-inch thick medallions. Season both sides with salt and pepper to taste.

Heat a large fry pan over medium-high heat. Once hot, add the oil, followed by the chicken. Let cook for about 3 to 4 minutes per side, or until the chicken is just cooked through.

Once done, transfer the chicken to a plate and cover loosely with aluminum foil. Keep warm in the oven, while you prepare the sauce.

Step 1: Cooking the Chicken

- 4 whole boneless, skinless chicken breasts
- 1/2 tsp sea salt
- 1/4 tsp ground white pepper
- 1 tbsp olive oil

Making the Compote

To start the sauce, first mince the garlic and mince the shallots. Cut the grape tomatoes in half and set them aside.

Using a clean pan, heat the oil over medium heat. Once the oil is hot, add the sliced garlic. Watch the garlic carefully. As soon as it starts to turn golden brown and crisp up slightly, remove it and place onto a paper towel to drain.

Next, add the shallots to the pan. Turn the heat down slightly and saute for about a minute. Next, toss in the tomatoes. Then add the white wine vinegar, sugar and toss everything together. Allow the tomatoes to cook until they start to break down. Then use a potato masher or large spoon to crush the tomatoes slightly. To finish, return the garlic chips to the pan and stir everything together. Taste the sauce, and season with a bit of salt, if needed.

Pour the garlic tomato compote over the chicken and serve immediately. This dish is really nice served with pasta or a simple salad.

Step 2: Making the Compote

- 4 thinly sliced garlic cloves
- 1 whole shallot
- 4 cups halved grape tomatoes
- 2 tbsp white wine vinegar
- 1 tsp sugar
- 1/4 cup white wine, chicken or vegetable stock (if needed)
- 2 tbsp olive oil