



Its official, my pallet is educated. As a child, I would have covered away from the dinning table if my mother prepared this dish for dinner, "fruit and meat, together! Arrgh." Thankfully I've broadened my horizons and I trully adore this recipe. Poulet Véronique is a classic French dish meaning "chicken with green grapes." It's light, colorful, and simple to create. Season the chicken, dredge in the flour, then pan fry and make reduction sauce in the same pan. I have made this dish and served it to skeptics who stammer after tasting, "that's really yummy!" Serve this recipe with brown rice and seasonal vegetables and you have a meal that is healthful and curious.

Serves 4

Ingredients

Chicken

4 chicken breast, boneless and skinless

1/2 tsp dried marjoram or tarragon

1/2 tsp garlic powder

salt and pepper to taste

Sauce

3/4 cup chicken stock

1/2 cup white grape juice or white wine

1 tsp Dijon mustard

1/2 cup red and green grapes halved or cut into slices

1 pinch garlic powder

1 tsp fresh chopped parsley

1/2 tsp lemon zest

salt and pepper to taste

Method

Rinse chicken breast under cold water and pat dry with paper towels.

Sprinkle a shallow plate with flour season raw chicken with marjoram, garlic powder, salt and pepper on both sides of chicken breasts. Next, coat chicken breast with flour using tongs or a fork to turn over in flour.

In heavy skillet over high heat, heat oil until a small amount of flour sizzles. Add chicken and cook on each side for 5 minutes, until no longer pink in the middle or until temperature probe reads 165 degrees. Reduce heat to medium to prevent burning.

Remove chicken from skillet and set aside on plate covered with foil.

Heat skillet, deglaze pan by adding stock and grape juice, bring skillet to boil, scraping all the pan drippings. Whisk in Dijon mustard until blended. Boil over a high heat for 6-8 minutes until sauce is reduced and thickened.

Return chicken to pan, cook over low heat 2-3 minutes adding grapes, parsley and lemon.

Serve immediately (the grapes lose their color and texture quickly) with whole grain brown rice and seasonal vegetables of your choice.