



Chicken Francese

For the chicken:

- ½ cup (120 ml) all-purpose flour
- 1 large egg beaten, mixed with 1 tbsp (15 ml) water
- 2 boneless skinless chicken breasts
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) freshly ground pepper
- 4 tbsp (60 ml) butter
- 1 tbsp (15 ml) olive oil
- 1 lemon, sliced
- 1 shallot, diced
- 3 cloves garlic, minced
- ¼ cup (60 ml) white wine
- ½ cup (120 ml) chicken broth
- 2 tbsp (30 ml) fresh lemon juice
- ¼ cup (60 ml) chopped fresh parsley

To make the chicken:

Slide the Wire Rack onto the bottom rails of the oven.

Using the left control knob, set the oven to the **Convection + 30% Humidity** mode using the default temperature of 340°F.

Sift the flour into a shallow dish and add the beaten egg to another dish. Slice each chicken breast in half horizontally to create four thinner filets. Pound each piece between two pieces of plastic to create four ½" thick pieces. Season both sides with salt and pepper, dredge in the flour then in the egg mixture.

Heat the oven-safe skillet over moderate heat on your cooktop and add 2 tbsp of butter and the olive oil to the pan. When the butter is sizzling, carefully lay the chicken pieces into the skillet and cook for 2 - 3 minutes on each side until golden. Remove the chicken from the skillet and set aside.

Add the remaining 2 tbsp of butter to the skillet and when sizzling add in the shallots and garlic and cook for 2 - 3 minutes until softened. Add the white wine and chicken stock and cook for another 2 minutes over medium heat. Return the chicken to the skillet and stir in the lemon juice.

Place the skillet in the oven and set the cooking timer for 20 minutes. Sprinkle with parsley before serving.

Tip: Finishing the cooking in the Combi-steam oven creates a luscious sauce and prevents the chicken from drying out. To cut down on preparation time, substitute chicken tenders and reduce the oven cooking time to 15 minutes. Remember to leave a towel or pot holder on the skillet handle when you remove it from the oven to remind you that it is hot.