

THE CULINARY

Playground



Pan Sautéed Chicken Breast Topped with a Mushroom and Spinach Gorgonzola Cream Sauce

6-8 oz. chicken breast, boneless and skinless
1 shallot, minced
1-cup fresh spinach, plus extra for plating
6 mushrooms, quartered
2 cups whipping cream
3 Tbsp freshly grated Parmigiano reggiano
2 Tbsp freshly chopped parsley + extra for plating
1/3 cup crumbly Gorgonzola + extra for plating
Salt and Pepper TT

Heat 2 tablespoons of oil in a large skillet over medium heat. Season chicken with salt and pepper, and brown on both sides in the skillet. Cover, and continue cooking 10 minutes, or until chicken juices run clear. Set aside, and keep warm.

In the same pan, heat 2 tablespoons oil over medium heat. Add shallots mushrooms and sauté until soft, about 4 minutes. Add garlic and spinach stir for 1 minute.

Add whipping cream and bring to boil. Reduce heat to medium and simmer sauce until thickened, about 4 minutes. Stir in Parmigiano reggiano and Gorgonzola cheese. Turn off heat and add parsley, salt and pepper.