

Suprêmes de Volaille à Brun (Chicken Breasts Sautéed in Butter)

Serves 4

4 chicken suprêmes (bone-in, skin-on chicken breasts with the wing bone attached)

¼ teaspoon kosher salt

Big pinch of black pepper

1 cup all-purpose flour

6-8 tablespoons clarified butter

3 tablespoons minced flat-leaf parsley

1 tablespoon lemon juice

1. Spread the flour on a large plate. Just before sautéing, sprinkle the suprêmes with salt and pepper, roll them in the flour and shake off the excess flour.
2. Pour the clarified butter into the skillet to a depth of about 1/16 inch. Set over moderately high heat. When the butter begins to deepen in color very slightly, add the suprêmes. Regulate the heat so the butter is always hot but does not turn more than a deep yellow. After 3 minutes, turn the suprêmes and sauté on the other side. After 2 minutes, press the tops of the suprêmes with your finger—as soon as they are springy to the touch, they are done. Remove to a hot platter, leaving the butter in the skillet.
3. Add the clarified butter to the skillet and set over moderately high heat until the butter has turned a very light golden brown (a minute or two). Immediately remove from heat, stir in the parsley and lemon juice, and taste for seasoning. Pour over the suprêmes and serve.

Variation: Brown Deglazing Sauce with Wine

1 tablespoon minced shallot

¼ cup port or Madeira

2/3 cup brown stock or canned beef bouillon

2 tablespoons minced flat leaf parsley

After removing the sautéed suprêmes, stir the minced shallot into the skillet and sauté for a moment. Then pour in the wine and stock or bouillon and boil down rapidly over high heat until the liquid is lightly syrupy. Pour over the suprêmes, sprinkle with parsley, and serve.

Recipe courtesy of Sur La Table Chef Lynne Just

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