

Chicken Breast with Honey Sauternes Sauce

*From Cooks.com
Prepared by Pat Valas*

SAUCE:

- ¼ c. plus 2 tbsp. honey
- 1½ c. Sauternes (Sweet wine)
- 1 c. canned low salt broth
- 2 Tbsp. soy sauce

CARAMELIZED ONIONS

- 1 (10 oz.) basket pearl onions
- 2 tbsp. unsalted butter
- ¼ c. water
- 1 Tbsp. honey

CHICKEN:

- 1 to 2 lbs. boneless chicken breast (depending on the size of portions desired)
- ½ c. dry white wine
- Butter
- Salt and pepper
- ¼ c. unsalted butter
- 1 pkg. frozen chopped spinach

Sauce:

Heat honey in heavy small skillet over medium high heat until honey darkens and becomes fragrant, swirling pan occasionally, about 3 minutes. Carefully add Sauternes and stock. Boil mixture until reduced to 1 cup, about 20 minutes. Add soy sauce and boil 3 minutes longer.

Onions:

Blanch onions 2 minutes in boiling water. Drain. Rinse under cold water to cool. Drain. Using small sharp knife, trim off root end of onions; peel off skin. Melt butter in heavy medium skillet over medium heat. Add onions and sauté until golden brown and almost tender, about 10 minutes. Add ¼ cup water and honey. Cover and simmer until onions are tender, about 5 minutes. Uncover and continue cooking until onions are caramelized, stirring occasionally, about 2 minutes. Remove from heat.

Chicken:

Place chicken in baking dish in one layer. Dot with butter and season with salt and pepper. Pour wine around chicken. Bake at 350 degrees for 20 to 30 minutes until done.

Cook spinach and season with salt and pepper. Reheat onions over medium heat, stirring constantly. Bring sauce to a boil; remove from heat and gradually whisk in ¼ cup unsalted butter. Divide spinach among plates. Place chicken breast atop spinach. Spoon sauce over chicken. Garnish with onions and serve. I add my favorite stuffing with this dish.