

Chicken with Shallot Dijon Sauce

1 pound chicken, fileted to equal-ish sizes
Salt and pepper, to taste
2 tablespoons flour
2 tablespoons unsalted butter
1 1/2 cups shallots, (6 ounces) sliced thick length-wise
1/2 cup white wine
1/2 cup homemade or good-quality chicken broth
1 tablespoon stone-ground Dijon mustard
1/2 teaspoon dried tarragon (2 sprigs fresh if you have it)
1 cup cherry tomatoes, sliced in half

Season the chicken with salt and pepper, then dredge the chicken through the flour, patting down to lightly coat. Melt the butter in a large skillet over medium-high heat until it starts foaming, then cook the chicken pieces on both sides for several minutes until browned. Remove and set aside.

In same pan, reduce heat a little and add the shallots and cook until they start to soften and caramelize, about 10 minutes. Pour in the wine and chicken broth and deglaze the pan with a large spoon. Stir in the Dijon mustard and tarragon, add back in the chicken, then cover the skillet and simmer for about 15-20 minutes, reducing heat more if necessary.

Remove the lid, then nestle in the cherry tomatoes around the chicken. Simmer until tomatoes start to wilt and burst and the sauce thickens, about 10-15 minutes more. Stir lightly to combine, then serve.