



cara price

CHICKEN & MUSHROOMS IN WINE SAUCE

INGREDIENTS

- 8 pieces, thin sliced chicken breast {boneless & skinless}
- 16 ounces sliced mushrooms
- 4 cloves garlic
- 1/2 cup white wine
- 1/4 cup olive oil
- 1/4 cup fresh oregano
- 2 tablespoons ghee
- 1 tablespoon arrowroot flour
- 1 tablespoon dried oregano
- 1 teaspoon + 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon crushed red pepper flakes

DIRECTIONS

combine arrowroot flour, dried oregano, 1 teaspoon of the salt, pepper & nutmeg into a medium size bowl. dredge the chicken in the flour mixture coating well.

pour the olive oil into a large skillet & heat over medium high. brown chicken for 3 minutes per side & then remove to a plate & keep warm.

keep any leftover oil & brown bits in the pan & add in the ghee, allowing it to melt completely,

then add in mushrooms & saute about 3 minutes. add garlic to the pan & continue to cook an additional 2 minutes. sprinkle the remaining salt & the red pepper flakes over the mushrooms & garlic.

pour the wine into the pan & bring to a boil. reduce heat to a simmer & cook 10 minutes. {wine should reduce by about half}

add chicken back to pan & cover. turn heat to low & cook an additional 15 minutes. serve immediately.