Pan-Seared Chicken Breasts with Bell's Best Brown Ale Sauce



Inspired Brewing®

Ingredients

Chicken:

- ½ cup All-purpose flour
- 4 boneless, skinless chicken breasts
- Salt and pepper
- 2 tbsp. oil
- Heat oven to 200 degrees
- Pound chicken breasts semi-thin, pat dry with paper towels, season both sides with salt and pepper and dredge in All-purpose flour.
- Heat 2 tbsp oil in 12-inch skillet until just smoking, add chicken, and cook until light golden brown on both sides (about 10 minutes).
- Transfer chicken to baking sheet and place in oven to keep warm.

Sauce:

- 1 tbsp. oil
- 1/2 onion, sliced thin
- 3/4 cup chicken broth
- ½ cup Bell's Best Brown Ale
- 1 tsp. dried thyme
- 1 tsp. brown sugar
- 1 bay leaf
- 3 tbsp. unsalted butter, cut into 3 pieces and chilled
- ½ tsp. cider vinegar
- Pepper

Directions

- After cooking chicken, add the oil to the skillet and heat until shimmering.
- Add onion and ½ tsp. salt and cook until softened.
- Stir in broth, ale, thyme, brown sugar, and bay leaf and simmer until thickened.
- Turn heat to low and stir in butter, one piece at a time.
- Remove from heat, discard bay leaf, stir in vinegar, and season with salt and pepper to taste.
- Remove chicken from oven and plate.
- Pour sauce over chicken and serve.
- Adapted from The America's Test Kitchen Family Cookbook.