

Chicken with Rosemary-Garlic Cream

Recipe 180 of 365

I once had an instructor in culinary school who said, “fat equals flavor,” over and over in each class. *“Fat equals flavah, people!”* This recipe isn’t short on either. And it’s a good test for your toothpaste.

TIME: 15 minutes

MAKES: 2 servings

2 boneless, skinless chicken breasts
Salt and freshly ground pepper
1/2 tablespoon olive oil
1 teaspoon unsalted butter
2 large garlic cloves, very finely chopped
1 tablespoon chopped fresh rosemary
1/2 cup heavy cream

Heat a large skillet over medium heat. Season the chicken with salt and pepper. When the pan is hot, add the oil, and swirl to coat. Add the chicken, and cook for 4 to 6 minutes per side (undisturbed), depending on the thickness of the meat.

Scoot the chicken to the sides of the pan, and place the butter in the center. When melted, stir the garlic and rosemary into the butter, and let cook for about a minute, stirring. Add the cream, season with salt and pepper, increase the heat to high, and simmer the cream until thick enough to coat the chicken, about 2 or 3 minutes, turning the chicken in the sauce as it cooks down.

Serve the chicken hot, topped with the remaining sauce.