Chicken with Artichokes & Olives

Author: Nicole Aloni, author and caterer

Carolyn T's Cookbook

Servings: 8

1 1/2 cups beef stock, reduced sodium
3 cups chicken stock, reduced sodium
2 1/2 pounds chicken breast, no skin, no bone, R-T-C
5 tablespoons balsamic vinegar
2 pounds artichoke hearts, frozen, defrosted
1 1/2 tablespoons butter
1/4 cup shallots, minced
5 tablespoons Dijon mustard
4 1/2 ounces kalamata olives, pitted, minced
3 tablespoons fresh tarragon
2 tablespoons Preserved Lemons, chopped
GARNISH:
2 Tablespoons lemon zest
4 tablespoons chives, minced or parsley

Serving Ideas: You will want to serve this with some kind of starch that will absorb the wonderful sauce - like fettucine or rice. If serving this on a buffet, cut the chicken into chunks small enough so they don't require a knife to cut and top each chicken piece with a bit of sauce and garnish with the chives, lemon zest and additional kalamata olives. Put more sauce on the side so guests can ladle more to suit their tastes.

Categories: Chicken

Carolyn T's Blog:
http://tastingspoons.blogspot.com

Per Serving (excluding unknown items): 313 Calories; 11g Fat (31.1% calories from fat); 37g Protein; 17g Carbohydrate; 7g Dietary Fiber; 92mg Cholesterol; 1810mg Sodium. Exchanges: 4 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Notes: This dish doesn't have striking prettiness since it's kind of beige all over, so it's important that you garnish with ample lemon zest and chives to give it some color. This is a very healthy dish - but you don't have to tell anybody that.

Description: A great do-ahead recipe for a party.

Preparation Time: 45 minutes

Start to Finish Time: 2 hours 40 minutes

1. In a large saucepan, combine the beef and chicken stock and bring to a boil. Continue to boil until reduced by half (about 2 cups) and set aside.
2. Trim the chicken breasts of any excess fat or skin. Pound the thicker ends of the breasts so they're more evenly thick. Set in a shallow bowl or plate and drizzle on about 2 T. of balsamic vinegar and rub into the breasts. Cover and refrigerate for 2 hours.
3. In a medium sauté pan over medium heat cook the shallots in butter until translucent, about 4-7 minutes. Add the reduced stock, mustard and vinegar and simmer gently for about 10 minutes. Make sure to whisk the ingredients well so the mustard is disbursed evenly. Add the artichoke hearts with the olives and tarragon and simmer gently for about 5 minutes. Add the preserved lemon pieces, remove from heat. You can make this ahead to this point and refrigerate. Just rewarm the sauce when you're ready to serve it.
4. Preheat the barbecue grill to medium high. Dust one side only of each chicken breast with freshly ground black pepper. Place chicken pepper side UP on the hot grill. Cook for about 8 minutes on the first side, turn and grill an additional 3-5 minutes. The flesh should slightly give when pressed.

Slice the chicken breasts diagonally into 2 or 3 pieces. Top each chicken breast with a generous ladle of sauce and garnish with lemon zest and chopped chives.