

Chicken Marsala

- 1 chicken breast half
- 2 tablespoons of flour mixed with 2 pinches of Emeril's Creole Essence seasonings (or a mix of salt, pepper, garlic powder, onion powder, oregano, thyme, paprika and cayenne)
- 1 small clove of fresh garlic, minced
- ½ of a small onion, diced
- 2 tablespoons of Marsala wine
- 2 tablespoons of chicken stock
- 3 large mushrooms, cleaned and sliced thick
- 2 or 3 tablespoons butter (your call)
- Fresh cooked linguini (preferred but any pasta will work)
- Salt and freshly ground black pepper

This recipe makes one pretty big portion or two smaller portions. I am pretty sure you can double it – let Chef it up yo.com know if you do!

Cut chicken breast into 1 inch chunks or strips. Toss chicken with flour mixture, shaking off any excess flour.

Melt ½ tablespoon of butter in sauté pan (do not use a non-stick or Teflon coated pan) over medium-high heat. Add chicken and lightly brown for 2 minutes each side. Add another ½ tablespoon of butter and melt. Add onions and sauté for 2 minutes. Next, add garlic and mushrooms. Continue to stir and sauté for 2 minutes or until garlic is soft but not brown. Deglaze the pan with Marsala wine, making sure to scrape up tiny brown bits on the bottom of the pan. Cook, stirring when it needs it, for about 3 minutes or until the wine has reduced by about half and starts to get a little on the thick side. Add and melt another tablespoon of butter then add 2 tablespoons of chicken stock, parsley, and freshly ground pepper. Bring to a quick boil then turn down heat to low. Simmer lightly, no more than 5 – 7 minutes - adding the last tablespoon of butter if you feel the sauce is too thin. Serve over freshly cooked linguine and serve with a green salad or garlic bread.