



Chicken in Cream Sauce



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Introduction

Chicken in a creamy sauce is a delightful dish that combines tender chicken pieces with a rich, flavorful cream sauce. This recipe is perfect for a family dinner or a special gathering, offering a comforting meal that pairs well with rice, pasta, or even crusty bread.

Detailed Ingredients with measures

- Chicken breasts, 600 g
- Onion, 1 medium
- Garlic, 2 cloves
- Heavy cream, 200 ml
- Chicken broth, 250 ml
- Olive oil, 2 tablespoons
- Salt, to taste
- Pepper, to taste
- Paprika, 1 teaspoon
- Fresh parsley, for garnish

Prep Time

Preparation time for this dish is approximately 15 minutes. This includes chopping the onion and garlic, and cutting the chicken into bite-sized pieces.

Cook Time, Total Time, Yield

The cook time is about 25 minutes, resulting in a total time of 40 minutes from start to finish. This recipe yields 4 servings, making it an excellent option for a small gathering or family meal. Enjoy the comforting richness of this chicken dish that is both simple and satisfying.



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Detailed Directions and Instructions

Step 1: Prepare the Chicken

Cut the chicken breasts into strips or cubes, and season them with salt and pepper.

Step 2: Brown the Chicken

In a large pan, heat some oil over medium heat. Add the chicken pieces and cook until they are golden brown on all sides. Remove the chicken from the pan and set aside.

Step 3: Cook the Onion and Garlic

In the same pan, add chopped onion and minced garlic. Sauté until the onion is translucent and fragrant.

Step 4: Add the Mushrooms

Add sliced mushrooms to the pan and cook until they are soft and lightly browned.

See also Old Fashioned Egg Custard Pie

Step 5: Create the Sauce

Pour in heavy cream and stir well. Allow the mixture to simmer until it thickens slightly.

Step 6: Combine Ingredients

Return the browned chicken to the pan and mix it with the sauce, ensuring that the chicken is well-coated.

Step 7: Season the Dish

Add seasoning of your choice, such as thyme or parsley, to enhance the flavor of the dish.

Step 8: Serve the Dish

Once the chicken is heated through and the sauce is at the desired consistency, serve the dish with your choice of side, such as rice or pasta.

Notes

Note 1: Chicken Variations

You can use other cuts of chicken, such as thighs, for a richer flavor.

Note 2: Mushroom Alternatives

Feel free to substitute mushrooms with other vegetables like spinach or zucchini.

Note 3: Cream Substitutes

For a lighter version, consider using half-and-half or low-fat cream alternatives.

Note 4: Storage Instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat before serving.



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Cook techniques

Searing Chicken

Searing is the technique of cooking chicken over high heat to create a flavorful browned exterior while keeping the inside juicy. This is typically done in a hot skillet with a bit of oil.

Deglazing

Deglazing involves adding liquid to a hot pan to loosen and dissolve the browned bits stuck to the bottom. This adds depth of flavor to sauces and gravies.

Simmering

Simmering is a gentle cooking technique where ingredients are cooked in liquid just below boiling point. This helps to meld flavors together without overcooking.

See also Chocolate Froyo Bites

Creating a Cream Sauce

A cream sauce is made by combining cream with other ingredients such as broth or seasonings, usually thickened by cooking on low heat. It provides richness to the dish.

Seasoning Properly

Proper seasoning enhances the overall flavor of the dish. It's important to taste and adjust the seasoning throughout the cooking process to achieve the desired taste.

FAQ

Can I use other meats instead of chicken?

Yes, you can substitute chicken with other meats such as turkey or pork. Cooking times may vary, so adjust accordingly.

What can I serve with chicken in cream sauce?

Chicken in cream sauce pairs well with pasta, rice, or a side of steamed vegetables.

How do I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat thoroughly before serving.

Can I make this dish in advance?

Yes, you can prepare the chicken and sauce in advance. Just reheat gently before serving.

Is there a vegetarian alternative?

Yes, you can replace chicken with mushrooms or tofu and use vegetable broth instead of chicken broth for a vegetarian version.



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Conclusion

The creamy chicken in white sauce is a delightful dish that brings a rich flavor profile to the table. Its velvety texture and aromatic essence make it a perfect option for family dinners or special occasions. With its simplicity of preparation and the use of readily available ingredients, this recipe stands out as a comforting meal that everyone will enjoy.

More recipes suggestions and combination

Pasta Primavera

Pair your creamy chicken with a side of pasta primavera, featuring fresh vegetables sautéed in olive oil, adding brightness and crunch to the dish.

See also [Easy No-Bake Banana Split Cake](#)

Steamed Broccoli with Garlic

Serve steamed broccoli seasoned with garlic and lemon alongside the chicken for a nutritious and colorful plate.

Mashed Potatoes

Creamy mashed potatoes can complement the chicken beautifully, creating a rich and satisfying meal that is sure to please.

Caesar Salad

A fresh Caesar salad with crunchy croutons and a rich dressing makes a crisp and refreshing accompaniment to your chicken dish.

Garlic Bread

Add a side of garlic bread to soak up the delicious cream sauce, providing a comforting and satisfying addition to the meal.

Rice Pilaf

Serve the creamy chicken over a bed of fluffy rice pilaf, flavored with herbs and spices, enhancing the overall dining experience.



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