

2011 Apple Festival Recipes
At Portland Nursery
Chef Maxine Borcharding, Oregon Culinary Institute

Chicken Normandy (chicken with apples, onions and cream)

This recipe is traditionally made with cider apples from Normandy. Cider apples are much less sweet than eating or baking apples. If you know someone who grows them, use those apples and cider made from them for this recipe.

- 6 chicken breasts about 6 oz each, salted and peppered
- 2 apples (preferably cider apples. Substitute Golden Delicious or similar type)
- 3 large onions
- 4 Tbs butter (1/2 stick)
- 2 cups of brut cider from Normandy or other tart fresh cider (commercial apple juice will be too sweet)
- 2 Tablespoons of Cognac or Armagnac or Clear Creek Apple Brandy
- 1/2 cup cream
- 2 pinches of ground nutmeg
- salt and pepper to taste

Cut the onions in to narrow strips from blossom to stem end.

Core, peel, and chop the apples into ¼ to ½" dice

In a medium saute pan, melt half of the butter and saute the apples and onions over medium heat until golden. Remove from the heat and reserve.

In another saute pan large enough to hold the chicken breasts, melt the remaining butter with the Cognac. Saute the chicken breasts until nicely browned, about 3 min to a side.

Return the onions and apples to the pan with the chicken breasts. Cover with the cide. Allow the breasts to simmer until they are cooked through. (usually about 30-40 min).

Remove the chicken breasts from the pan and cover with foil to keep warm. Reduce the cider mixture to about 2/3 of its original volume. Add the cream to the pan and keep reducing until the sauce coats the back of a spoon. Adjust salt and pepper if needed.

Return the chicken to the pan, coat with the sauce, and gently re- warm, Serve over rice or potatoes and enjoy.