

Alsatian Spiced Chicken

with Smashed Potatoes & Glazed Red Cabbage

Alsace, a region of France bordering Germany, distinctively (and deliciously) combines French and German culinary influences. In this Alsatian-style recipe, we're coating our succulent chicken in the classic "quatre épices," or four spices: pepper, cloves, nutmeg and ginger. Alongside the chicken, we're serving creamy smashed potatoes, and red cabbage glazed with red wine vinegar for tangy-sweet contrast and plenty of satisfying texture.



Ingredients

2 Boneless, Skinless Chicken Breasts

¾ Pound Yukon Gold Potatoes

½ Pound Red Cabbage

Knick Knacks

2 Tablespoons Crème Fraîche

2 Tablespoons Red Wine Vinegar

1 Tablespoon Chicken Demi-Glace

1 Tablespoon Butter

1 Tablespoon Sugar

1 Tablespoon Alsatian Spice Blend

(All-Purpose Flour & Quatre Épices)

Makes 2 Servings

About 685 Calories Per Serving

Prep Time: 5 min | Cook Time: 30 to 40 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove and discard the cabbage core; halve the cabbage crosswise and separate the leaves. Large dice the potatoes.

2



Cook & glaze the cabbage:

In a large, high-sided pan, heat **1½ cups of water** to boiling on high. Add the **cabbage**; season with salt and pepper. Cook, stirring occasionally, 12 to 14 minutes, or until the cabbage is tender and the water has cooked off. Reduce the heat to medium-high and add the **sugar** and **vinegar**; season with salt and pepper. Cook, stirring occasionally to coat the cabbage, 2 to 3 minutes, or until the sugar has dissolved and the liquid is slightly reduced in volume; season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Rinse and wipe out the pan.

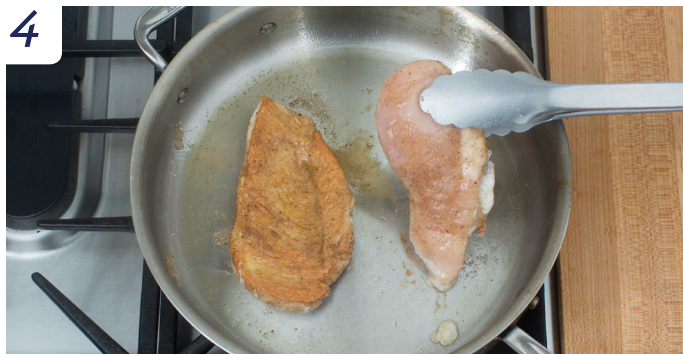
3



Cook & smash the potatoes:

While the cabbage cooks, add the **potatoes** to the pot of boiling water and cook 10 to 12 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **crème fraîche** and **butter**. Using a fork, smash the mixture to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

4



Coat & cook the chicken:

Place the **spice blend** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the spice blend (shaking off any excess). In the pan used to cook the cabbage, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 3 to 5 minutes per side, or until browned and cooked through.

5



Make the pan sauce & finish the chicken:

Add the **demi-glace** and **¼ cup water** to the pan of chicken; season with salt and pepper. Cook, stirring occasionally and spooning the sauce over the chicken, 2 to 3 minutes, or until the sauce is slightly reduced in volume and the chicken is thoroughly coated. Remove from heat; season with salt and pepper to taste.

6



Plate your dish:

Leaving the sauce in the pan, transfer the **finished chicken** to a cutting board and slice crosswise on an angle. Divide the **glazed cabbage**, **smashed potatoes** and sliced chicken between 2 plates. Top the chicken with a few spoonfuls of the **pan sauce**. Enjoy!