



# CHICKEN MARSALA & PUMPKIN TART Instructions

## CHICKEN MARSALA

- ☐ Chicken Breast - 2 each
- ☐ Flour - 1 cup
- ☐ Olive Oil - 1 Tablespoon
- ☐ Salt and pepper - 1 teaspoon each

Cut chicken breast into two pieces but slicing lengthwise along the breast. Mix salt and pepper with flour in a medium mixing bowl. Take sliced chicken breast and dredge into flour, place on a plate and set aside. Heat large fry pan on high. Add olive oil to pan. (remember to not overheat/get too hot). Place chicken breast into pan and brown on each side. (about 3 to 4 minutes) Set aside

## ROASTED ASPARAGUS

- ☐ Asparagus - 1 bunch  
(cut back/bottom of spear off)
- ☐ Butter - 3 tablespoons  
(cut into smaller pads)
- ☐ Lemon Pepper Seasoning -  
2 tablespoons
- ☐ Foil - to line sheet pan  
(cookie sheet)

Preheat oven to 375 degrees. Take sheet pan and line with foil (for easy clean up). Place asparagus on pan all facing the same direction. Place butter pads randomly on top of asparagus trying to evenly cover the sheet. Sprinkle lemon pepper evenly over asparagus. Place pan in over for 7 to 9 minutes depending on thickness of asparagus. (cook until fat ends are fork tender)



## CHICKEN MARSALA & PUMPKIN TART

# more Instructions

### MARSALA SAUCE

- ☐ Cremini Mushrooms - 1 carton (sliced)
- ☐ Yellow onion - 1 each (small diced)
- ☐ Garlic - 2 cloves (Minced)
- ☐ Olive Oil - 1 tablespoon
- ☐ Butter - 2 tablespoons
- ☐ Flour - 2 tablespoons
- ☐ Marsala Cooking Wine - 1 cup
- ☐ Chicken Stock - 1 cup
- ☐ Heavy Cream - ½ cup
- ☐ Dried oregano - 1 teaspoon
- ☐ Salt and Pepper to taste

Heat fry pan on medium high heat, add olive oil heat for about 2 to 3 minutes. Add onion and sauté until onion become translucent (about 4 to 5 minutes), add garlic and mushrooms. Continue to sauteed until mushrooms are fully cooked. (6 to 7 minutes). Add marsala wine, raise heat and bring to boil (Deglaze pan- to release caramelized bits from pan) put in a bowl on the side. Return pan to medium heat, add butter to fry pan, sauté until butter is fully melted. Add flour to pan to make Roux. Continue to cook for 3 to 4 minutes constantly stirring creating a smooth texture. Add chicken stock to pan constantly stirring to eliminate lumps and break the roux up evenly. Cook for 3 to 4 minutes until becomes slightly thick. Add mushroom wine mixture back to pan, add oregano and heavy cream. Reduce heat to medium low to bring cream up to temperature slowly (avoiding the cream to separate). Reduce heat to low to create a nice simmer.