

Scott's Skillet French Onion Chicken

INGREDIENTS:

4 (6-8 oz.) chicken breasts, boneless and skinless
3 tbsp. olive oil
2 medium onions, cut in rings
1½-2 cups beef stock
¼ cup white wine
2 beef bouillon cubes OR 2 tbsp. "Better Than Bouillon" Beef Base (optional but highly recommended)
1 tbsp. Worcestershire sauce
2 tbsp. butter
2 tbsp. flour
2 tsp. salt
2 tsp. ground black pepper
3 tbsp. thyme
1 cup shredded Gruyere Cheese * (See * below for substitution option)
Flat-leaf parsley and green onions for garnish, finely chopped

DIRECTIONS:

Heat a cast iron skillet or heavy bottom metal skillet. Season chicken on both sides with salt, pepper and thyme.

Add olive oil and 1 tbsp. butter to heated skillet. Add chicken breasts and cook for 3-4 min. on each side. Remove chicken and set aside. Cover with foil and keep warm.

Add onions to skillet and cook on medium heat for about 15 min. unless onions are translucent and cooked thoroughly. I cook them until they have brown edges on them. Add flour to cooked onions and stir until mixed and flour is incorporated. I normally cook the flour taste out and that is usually for about 2-3 min.

Add beef stock and beef bouillon cubes and the remaining tbsp. of butter. Stir until well combined. Add chicken back into the skillet and continue cooking for 15-20 min. I recommend flipping the chicken to the other side and baste chicken with the juices during this time. It helps keep it moist. The final cooking temperature for chicken should register 165°F. Top each chicken breast with Gruyere Cheese. Cover and simmer on low to medium-low heat for 2-3 min., depending on your stove and the temperature.

Turn off heat and garnish with parsley and green onion. Keep covered and warm. Serve immediately. Rice or mashed potatoes go great with this dish.

* Swiss Cheese can be substituted for Gruyere. Gruyere is truer to the original recipe.