

POULET DE CHAUNAC

This is another great meal if you're watching your weight. Mary Faith invented it, and she named it after one of our favorite American wines, De Chaunac. For some strange reason folk in America seem to think that one should never cook a chicken in red wine. Many of the finest French, Italian and Greek chicken dishes call for a red rather than a white wine—Stifatho, for instance—so be brave and experiment! By the way, if you ARE watching your weight, you can use the juice from the pan just as it is rather than thickening it with the cornstarch, use as little oil as possible, and it might be a good idea to forgo the mashed potatoes in favor of a green salad. It's delicious either way.

2 chicken breasts
2 shallots, or 1 small onion,
sliced
2 tablespoons soy sauce
3 cups dry red wine, divided
water
black pepper, freshly ground
8-10 mushrooms, sliced
1 tablespoon butter
1 tablespoon olive oil
1 teaspoon cornstarch

Remove the skin from the chicken and discard any visible fat. With a sharp knife, split and separate each breast, discarding the pointed cartilaginous bone in the center. Place in a medium-size roasting pan with the shallots. Pour the soy sauce and 2 cups of the wine over the and add 2 tablespoons water. Season with black pepper and place in preheated oven at 350° F for 35 minutes, turning twice. Remove from the pan and place on a warmed serving dish.

Saute the mushrooms in a frying pan with the butter and olive oil. **Add** the pan juices and shallots to the mushrooms and sufficient wine to make approximately 1 cup of sauce. In a teacup mix the cornstarch with 1/4 cup water. Mix thoroughly to avoid lumps, then add to the sauce in the frying pan. Bring to a boil, stirring constantly as it thickens. Place chicken on preheated plates with mashed potatoes and green beans. Pour over the sauce and serve immediately.

Serves 2-4