

Sauteed Breast of Chicken in a Sweet and Sour Red Wine Sauce

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	olive oil
4		whole chicken breasts, skinless and boneless, split in half
1/3	cup	dark and white raisins - soaked in warm water
1	tablespoon	capers
2		shallot - minced
		salt
		Sweet and Sour Red Wine Sauce

In a large saute pan place the olive oil and heat it on high until it is hot. Add the chicken breasts and saute them for 1-2 minutes on both sides, or until they are brown.

Add the raisins, capers, shallots, salt, black pepper, and the Sweet and Sour Red Wine Sauce. Reduce heat to medium and cook the chicken on a high simmer for 3-4 minutes, or until it is just done and the sauce has a nice sheen.

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Sweet and Sour Red Wine Sauce

Amount	Measure	Ingredient - Preparation Method
1/2	cup	powdered sugar
1/4	cup	red wine vinegar
1	cup	red wine
1	cup	dark chicken stock
		salt and pepper

In a medium saucepan place the powdered sugar and cook it on high heat for 3-5 minutes, or until it is melted and slightly darkened. (stir constantly and do not let burn)

Add the red wine vinegar, red wine and chicken stock. Boil the sauce for 6 to 10 minutes, or until reduced and slightly thickened. Season with salt and pepper.

Yield: "2 1/2 cups"