

## *Pecan-Crusted Chicken with Orange-Rosemary Sauce*

*Carolyn T's  
Main Cookbook*

**Servings: 4**

Author: Phillis Carey cooking class



### **PECAN CRUST:**

**1 cup pecans, toasted**  
**1/2 cup all-purpose flour**  
**3 whole egg whites, beaten**  
**Salt & pepper to taste**

### **CHICKEN:**

**4 pieces boneless skinless chicken breast halves**

**2 tablespoons unsalted butter**

**1 tablespoon olive oil**

**1 whole orange, peeled, sectioned, segments only**

### **ORANGE SAUCE:**

**1 1/2 cups fresh orange juice**

**1 cup vermouth, or dry white wine**

**1/3 cup shallots, minced**

**1/4 cup white wine vinegar**

**6 sprigs Italian parsley, minced**

**2 tablespoons fresh lemon juice**

**2 tablespoons fresh thyme, minced**

**2 sprigs fresh rosemary, minced**

**1/2 cup unsalted butter, cold, in small pieces**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

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*Per Serving (excluding unknown items): 858 Calories; 53g Fat (59.3% calories from fat); 38g Protein; 44g Carbohydrate; 7g Dietary Fiber; 146mg Cholesterol; 192mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 10 Fat; 0 Other Carbohydrates.*

1. Toast the pecans in a 400 oven for about 5 minutes, until golden brown.
2. In a blender or food processor, finely grind pecans with 1 T. flour. Transfer to a flat plate. Place remaining flour on another plate.
3. Trim chicken and pound to an even thickness (about 1/2 inch) between two sheets of plastic wrap. Season chicken with salt and pepper and dust with flour. Coat chicken with beaten egg whites and dredge them in the pecans.
4. Melt butter and oil in a large NONSTICK skillet over medium-high heat. Add the chicken and saute 2 minutes per side, or until pecans are golden brown and crisp. Transfer chicken to a baking sheet and bake at 375 for 5-8 minutes or until the chicken is cooked through. Serve with the orange segments draped across the top, garnish with chives, and drizzle with the orange sauce.
5. SAUCE: Combine orange juice, wine, shallots, vinegar, parsley, lemon juice and thyme in a small saucepan and boil for about 10 minutes. Add the rosemary and continue to simmer (boiling) until the liquid is reduced about half, about another 10 minutes. Strain the mixture and reheat over medium-low heat and slowly whisk in the butter pieces until thoroughly incorporated. Taste for seasoning. The sauce can stand at room temp up to 2 hours; reheat it carefully over low heat, without boiling.