

# Jeff's French Style Low-Carb Chicken

Yield: 4 serves | Rating: 5/5

Serve with Cauliflower Rice (or Basmati rice or egg noodles for non-carb dish)

## Ingredients

- 1 4-6 kg boneless (skinless chicken breast cut into 1" pieces)
- 1 medium onion (diced)
- 4 cloves garlic (minced)
- 1 qt mushrooms sliced (white or bella)
- ½ cup heavy cream
- 2 tbsp olive oil
- 2 tbsp cognac or brandy
- ¼ cup dry white wine
- ¼ cup chicken stock (unsalted)
- 2 tbsp unsalted butter
- Salt and pepper to taste

## Notes

This recipe gains flavor by cooking in stages adding layers of flavor with each stage.



## Instructions

1. After slicing chicken breast into small pieces, lightly salt and pepper and toss in a bowl. Allow to sit for 15 minutes.
2. In a non-stick skillet, add the olive oil and sauté chicken until browned and crispy. To avoid steaming, sauté in small batches. Remove and place in a bowl.
3. Without removing any oil or chicken bits, sauté onions until transparent. At the very end, add the garlic and sauté for 1-2 minutes careful to not burn the garlic. Remove and place in a bowl.
4. Sauté the mushrooms adding the butter until they have released any moisture and are tender and lightly browned.
5. Add the chicken and the onion/garlic mixture to the skillet. Add the white wine and chicken stock and bring to a gentle boil.
6. Carefully add the cognac or brandy. Remove skillet from stove and carefully flambe. If uncomfortable with the flambe, simply add the cognac and continue to simmer to allow the alcohol to evaporate.
7. Reduce the heat and simmer until the liquid has reduced to about 1/4 of its original volume.
8. Remove from heat and stir in the heavy cream. Return to heat and simmer, constantly stirring, until the mixture has greatly thickened.
9. Salt and pepper to taste.
10. Optionally garnish with a light sprinkling of minced Italian Parsley.
11. Serve over pasta, rice, or riced cauliflower.