

Our State eats

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Ginnie's Herb Chicken

Yield: 4 servings.

- 4 boneless, skinless chicken breasts, butterflied
- Salt and ground black pepper
- 1/3 cup all-purpose flour
- 2 tablespoons cornstarch
- 3 tablespoons canola oil
- 1/2 cup dry white wine
- 2 tablespoons honey
- 1/2 stick unsalted butter
- 1 shallot, minced
- 2 tablespoons parsley, chopped
- 2 tablespoons rosemary, chopped
- 2 tablespoons thyme, chopped
- 1/2 cup chicken stock
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest

Place chicken breasts on a cutting board and season each side with salt and pepper.

In a small bowl, whisk together flour and cornstarch.

Pour flour mixture onto a plate. Coat each side of chicken breasts with flour. Shake each piece to discard excess flour and place them on a clean plate.

To a large skillet over medium-high, add canola oil. After about 30 seconds, add chicken to pan. If needed, cook in batches to avoid crowding. Sear each side for about 2



minutes, until a light golden crust forms. Remove chicken and set aside.

Reduce heat to medium-low, add wine, and stir continuously. When liquid has reduced by half, add honey, butter, shallot, and herbs. Sauté for 3 to 4 minutes, until butter has melted and shallots begin to turn translucent. Stir in stock, lemon juice, and lemon zest until well incorporated. When sauce comes to a light boil, reduce heat to a simmer. Taste sauce and season with salt and pepper if needed.

Return chicken to sauce, cover with lid, and simmer for approximately 10 minutes. Cook time will vary depending on size of chicken breasts. Internal temperature of chicken should reach 165°.

Place chicken on a platter or in shallow serving bowl. Spoon sauce over chicken and garnish with fresh herbs before serving.

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