

The Mangrove Galley

by Sandi Mieszczeni

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.



Chicken is a staple in our house. There are many ways that one can prepare this tasty bird, and so many great recipes out there. Cooking a chicken breast requires you to add spices, flavors, and perhaps a sauce to flavor the meat. This recipe contains all three. It is an easy dish to assemble on the stove top and very tasty. Serve with wild rice and a green vegetable. Enjoy!

CHICKEN WITH A MUSTARD TARRAGON SAUCE

- 4 boneless chicken breasts
- 1 ½ tablespoons butter
- 2 finely chopped shallots
- 1/3 cup white wine
- 2 tablespoons Dijon mustard
- ½ cup heavy whipping cream
- 2 ½ tablespoons chopped fresh tarragon

Melt the butter in a large skillet over medium heat. Add the chicken breasts and cook through on both sides (about 5 minutes per side.)

Transfer the chicken to a platter and tent with foil to keep warm.

Saute the shallots in the same skillet for 1 minute. Add the wine and mustard to the pan and bring to a simmer. Add the cream and 1 1/2 tablespoons of the tarragon. Simmer, stirring often about 3 minutes.

Return the chicken breasts to the skillet and heat through. Season the dish with salt and pepper to the taste. Serve the chicken breasts with the sauce and sprinkle on the remaining tarragon.

Conch Characters



Dr. Lu Elaine Johnson's birthday Bash Happy birthday Dr. Lu!



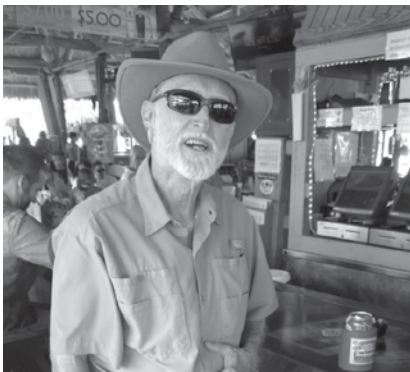
The Seafood Festival was a huge success, bringing over 10,000 people to the Keys.



A Florida Powerboat Club model takes a break for a photo shoot. Anyone can stop by for lunch and see these amazing boats when they visit.



Busy night at the Big Chill. Photo by Melanie Malefyt.



Key Largo local "Walk Around Ron" stops by Gilbert's Resort everyday, since 1984, to check out the fish and wildlife at Gilbert's. If there is a story about it, Ron knows it. Say hi to Ron when you see him!



Beautiful sunset at the Big Chill. Photo by Melanie Malefyt.



Eric Vihlen also had a good time at Dr. Lu's party!



Blind Wounded Warriors visited the American Legion in Key Largo in February.



A seaplane prepares to tie up at Gilbert's dock. You never know what you will see at Gilbert's Photo by Rob LeBrun.



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