

Pan Fried Chicken Breasts with Sage

Serves 4

2 double chicken breasts, skinned and boned

a handful of fresh sage leaves

3-4 T flour

3 T olive oil

1 T butter

salt

freshly ground black pepper

¼ cup white wine

toothpicks

Split the chicken breasts and cut each single breast into smallish slices 1cm thick.

Secure a sage leaf on every piece of chicken using a toothpick.

On kitchen paper and using tongs coat chicken both sides with flour.

Heat the oil in a large frying pan and when it is hot, drop in the butter. Add the chicken pieces, sage side facing down, while the butter is sizzling. Cook several minutes a side until golden brown; don't overcook – the chicken should be tender and juicy. Season with salt and pepper. If the pan is small, you may need to cook the chicken in two batches, using a little more oil and butter.

Transfer the chicken to a plate. Remove the pan from the heat and let it cool a few minutes, then pour in the wine. Swirl the wine around the pan, let it bubble over the heat briefly, until any bits are lifted from the bottom of the pan, then pour it over the chicken. Serve immediately. Delicious with a potato mash, or crunchy potatoes, asparagus or a green salad.