



Chicken and Shallot Jam on Pain au Levain

READY IN



90 min.

SERVINGS



4

CALORIES



760 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 bay leaves
- 4 servings pepper black freshly ground
- 10 peppercorns whole black
- 8 slices top such as pain au levain (1/)
- 2 tablespoons tarragon fresh coarsely chopped
- 0.3 cup granulated sugar
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 1.5 pounds shallots peeled halved sliced

- 16 ounce chicken breast boneless skinless
- 1 tablespoon butter unsalted
- 0.3 cup tarragon vinegar
- 1 medium onion yellow quartered

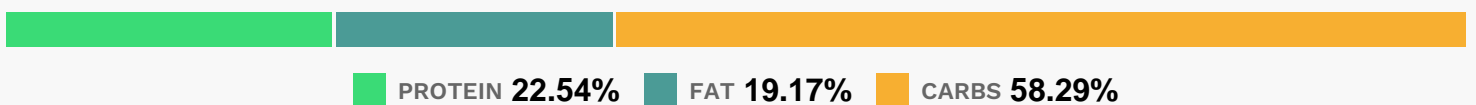
Equipment

- frying pan
- sauce pan

Directions

- Place all the ingredients in a medium saucepan. Cover with cold water by 1 to 2 inches and bring to a simmer over medium-high heat; reduce heat to medium low and simmer gently until the chicken is completely cooked and no longer pink in the center, about 20 minutes.
- Heat the oil and butter in a large frying pan over medium heat until the butter is foaming.
- Add the shallots, salt, and pepper and cook, stirring occasionally, until the shallots are softened and just beginning to brown, about 10 minutes. Stir in 1/4 cup of the vinegar and the sugar and cook, stirring occasionally, until the shallots are completely soft and caramelized and the jam is thick and syrupy, about 20 to 25 minutes.
- Remove the pan from heat and stir in remaining 2 tablespoons of vinegar.
- Let the jam cool for 20 minutes, then stir in the chopped tarragon. To assemble the sandwiches: Slice the chicken into 1/4-inch thick pieces. Evenly divide the shallot jam on 1 side of 4 slices of the bread. Divide the chicken evenly among the sandwiches, placing it on top of the jam in an even layer. Close each sandwich and serve. Beverage pairing: Louis Bouillot Crémant de Bourgogne Rosé, France. A lovely, simple sparkler made from Pinot and Chardonnay in Burgundy, this rosé is light and delicate and will perform flawlessly alongside the chicken. Its pinkish-red fruit and hint of sweetness will also make it a natural partner for the shallot jam.

Nutrition Facts



Properties

Glycemic Index:97.9, Glycemic Load:68.54, Inflammation Score:-9, Nutrition Score:37.846521766289%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 760.23kcal (38.01%), Fat: 16.38g (25.2%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 112.05g (37.35%), Net Carbohydrates: 102.97g (37.44%), Sugar: 32.95g (36.61%), Cholesterol: 80.1mg (26.7%), Sodium: 1217.52mg (52.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.32g (86.64%), Selenium: 75.44µg (107.77%), Vitamin B3: 18.69mg (93.44%), Vitamin B6: 1.69mg (84.62%), Manganese: 1.56mg (77.88%), Vitamin B1: 1.11mg (73.7%), Folate: 234.88µg (58.72%), Phosphorus: 495.61mg (49.56%), Iron: 8.76mg (48.68%), Vitamin B2: 0.75mg (44.27%), Potassium: 1289.76mg (36.85%), Fiber: 9.09g (36.35%), Magnesium: 121.95mg (30.49%), Vitamin B5: 2.58mg (25.79%), Vitamin C: 18.78mg (22.76%), Copper: 0.42mg (20.84%), Zinc: 2.87mg (19.1%), Calcium: 185.49mg (18.55%), Vitamin E: 1.65mg (11%), Vitamin K: 7.63µg (7.26%), Vitamin A: 280.85IU (5.62%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.17µg (1.11%)