

# Chicken Balsamico



1 lb. Chicken tenders  
1/2 C flour  
Sea salt  
5-Mix peppercorn, ground  
3 cloves garlic, chopped fine  
2 medium sprigs Rosemary  
2/3 C Balsamic Vinegar (18 yr. Traditional)  
2C chicken stock (heated)  
3T olive oil

Season flour with salt & pepper. Dredge chicken pieces well and set aside. Heat 2T olive oil over medium-high heat.

Brown chicken pieces on all sides.

Add remaining 1T of olive oil to pan and add garlic and rosemary. Sauté one minute. Add vinegar and stock, stir well.

Lower heat to medium-low, cover and let sauce reduce and thicken in pan (10-15 min.), turning chicken pieces to coat.

To serve: remove chicken to plates and pour sauce over.

Makes a simple, elegant dinner served with:

*Steamed carrots seasoned with Blood Orange olive oil,*

*Tarragon and sea salt and Roasted, skin-on red potatoes seasoned with Vinnie the Knuckles!*

## **Captain's Note:**

*Many thanks to Manny at Casa Bella for sharing this recipe with us so we could do a super-special surprise birthday dinner for our family here in AZ!*