



RWC Lemon Garlic Chicken

MAKES: 4 servings

TIMING: 45 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 5 sprigs thyme
- 2 bay leaves
- 2 ½ cups chicken stock
- 1 lemon, zest and juice
- 1 cup heavy cream
- 6 oz The Welshman, grated
- 2 tbsp cornstarch
- Salt and pepper to taste



DIRECTIONS:

1. Preheat the oven to 375°.
2. In a dutch oven over high heat, sear chicken breasts on both sides. Make sure to season!
3. Remove chicken and add onions and a little more oil, scraping up that yummy fond on the bottom. Once onions are sweated down add in the garlic, thyme and bay leaves and saute for 2 minutes or until fragrant.
4. Add in the chicken stock and scrape any remaining fond off the bottom of the pan. Add in the lemon zest and juice. Reduce for 5 minutes. Add heavy cream, The Welshman and season with salt and pepper.
5. Add chicken back to the pot and place in the oven covered for 20 minutes, or until chicken is fully cooked.
6. Once the dutch oven is removed from the oven, place back on the stove and bring to a rolling boil. In a small bowl, whisk together the cornstarch and a cup of the sauce until starch is fully incorporated. Finely add this starch mixture back into the dutch oven and allow to boil for 30 seconds until thick and creamy.
7. Finely serve up with some herbs and enjoy!