

Chicken Breasts Broiled with Butter, Wine, and Tarragon

1 whole chicken breast with skin and bone, split in two
4 tablespoons butter
¼ cup white wine
1 tablespoon chopped fresh tarragon
Salt and pepper to taste

Dry the chicken breast halves thoroughly with paper towels.

Carefully straighten out the skin of the breasts, so it covers the largest possible area. Gently lift the skin and place ½ tablespoon of butter and 1 teaspoon of chopped tarragon under the skin of each half.

Salt and pepper both sides of the chicken breasts.

Place the 3 remaining tablespoons of butter and the white wine in a small saucepan, and heat until the butter is melted. Stir to combine the butter and wine.

Brush both sides of the breasts liberally with the wine/butter mixture. Place the breasts skin-side-down on a broiling pan.

Adjust your rack 6-8 inches from the broiler flame. Turn the broiler on to its lowest setting. Place the chicken breasts in the broiler.

Broil the breasts for about 7-8 minutes. If they appear to be nicely browned, turn the breasts over and brush with more of the wine/butter mixture. Continue to broil for another 8 to 12 minutes, brushing several times with the remainder of the wine/butter mixture.

It's impossible to give a precise cooking time, as this will depend on the size of the breasts, their distance from the flame, and the intensity of your broiler setting. When done, the juices should run clear when pricked with a fork, and the skin should be browned and crispy, but not burnt.

Remove the breasts to serving plates, pour over any pan juices, and sprinkle with the remaining teaspoon of chopped tarragon. Serve immediately.