

RV GODDESS: Chicken Provencal

This French chicken dish is easy - most of the ingredients come from the pantry - and pretty-enough for company. Because the anchovy paste and olives are so salty, taste before using additional salt. It is traditional to serve Chicken Provencal with boiled parsley potatoes.

Olive oil

4 skinless boneless chicken breasts

¼ cup all-purpose flour (for dredging)

2 cloves crushed garlic

2 teaspoons anchovy paste

1 cup chicken stock

One can (14 ounce) diced tomatoes (do not drain)

¼ cup pitted Kalamata or Nicoise olives (whole or chopped)

Salt, to taste, if desired

¼ teaspoon black pepper, or to taste

Large handful fresh basil leaves, coarsely chopped

Additional basil or parsley leaves as garnish, optional

Heat a 12-inch skillet over a medium-high flame and coat the bottom of the skillet with olive oil. Dredge the chicken breasts in flour and cook, turning once, until the chicken is just cooked through, about 8-12 minutes (internal temperature should read 165 degrees). Remove to a plate and cover with foil to keep warm.

Add the garlic and anchovy paste to the skillet, stirring over medium heat for a few seconds, then deglaze the pan with the chicken stock. Stir-in the canned tomatoes, olives and basil and simmer, uncovered, stirring occasionally, until the sauce thickens, about eight minutes. Add the cooked chicken back to the sauce, just for a few minutes, to reheat. Serve the sauce poured over the chicken, and garnish with fresh basil or parsley leaves, if desired.

Serves 4.