

Butter Chicken – ala *Trattoria Sostanza*, Florence, Italy

Eddie's notes: This begins our European Wine Tour series of recipes/notes from some of the outstanding meals we had on our recent trip to Europe. If you are ever in Florence, Italy, you must make reservations at *Trattoria Sostanza*, and order the Butter Chicken. It was amazing, while amazingly simple. Basically, it is deep fried chicken breasts, but fried in butter. Once you add homemade crusty bread, house Chianti wine, and some white beans in olive oil, the meal becomes very memorable. We ordered the Meringue Cake with strawberries, just to finish the meal correctly. They used wild strawberries – and looked more like raspberries, and were nice and sweet. Here is [someone else](#) that blogged about it while she was in Florence. Make sure this place is on your bucket list.

Here is an adapted recipe for you:

Pollo al burro (Chicken in butter)

Serves 2

- 2 chicken breasts, flattened out a little
- flour for dusting
- eggs, beaten to provide coating
- ½ package of President salted butter
- juice of ½ lemon, optional

Heat the oven to 350°F.

Dust the chicken breast lightly in flour on both sides. Then bathe in beaten eggs just prior to adding to pan. Melt 2/3 of the butter in a heatproof skillet over medium heat. As soon as it has just melted but is still pale, add the chicken breast. Let cook on this side until the butter begins to brown. Watch it for another moment and when it is a caramelized, hazelnut color, turn the chicken, add the rest of the cold butter, cover the pan with a heatproof lid or foil and place the pan in the oven for a further 15 minutes.

Remove from the oven and remove the chicken to a warm plate and keep covered with foil while you prepare the sauce.

Optional — Squeeze the lemon juice into the pan juices while simultaneously swirling the pan; this will create a creamy sauce (emulsion) with the caramelized butter. Season with salt and pepper and serve the chicken breast with the sauce poured over.