

Chicken with Cream Sauce on Spaghetti Squash

Ingredients:

1 large or 2 medium spaghetti squash
12 chicken breasts (brined for 12 – 24 hours)
Olive oil
3 quarts chicken stock
1 1/2 quart cream
Dried thyme
Salt
Pepper
Truffle Oil (I prefer the black to the white)

Directions:

Spaghetti Squash

Slice spaghetti squash axially and scrape out seeds and veins with spoon.

Cover with plastic wrap

Cook in microwave oven on high until you can separate squash threads with a fork. The goal is to keep the squash slightly crispy. (A medium-sized half squash takes about 6 minutes in my microwave.)

Remove and let cool a little so you don't burn your hands off during the next step.

With a fork, scrape the meat out of the squash. It will break apart in separate strings.

Cover and set aside.

Chicken and Cream Sauce

Rinse the brining from the chicken breasts and dry.

Sprinkle a little pepper and some dried thyme onto the chicken breasts.

Heat a fairly deep pan with enough olive oil to brown the chicken breasts. (This will probably need to be done in batches. Only one layer of breasts in the pan.) When the oil is hot, cook breast on both sides to a light brown. This is only to brown the chicken, not cook it so keep the pan hot. Remove the chicken and set aside. (Note: if the bottom of the pan looks like it is about to burn between batches of the chicken breasts, deglaze the pan with some of the chicken stock and reserve the resulting mixture.)

After all the chicken is browned, add chicken stock and any deglazing liquid to pan and reduce to 1/3 to 1/4 the original volume.

After the stock is reduced, stir in cream and heat to boil, while stirring.

Add salt to taste if needed. Add a tsp of dried thyme.

Add chicken breast and finish cooking.

Rewarm spaghetti squash in microwave, if necessary, being careful not to cook it very much. Add salt to taste if desired. (I like it under-salted to give more freedom with the sauce.) Place squash on plate.

Slice the chicken breasts fairly thick and place on top of the squash. Add cream sauce from the pan over the chicken and squash.

Place green beans on plate.

Drizzle truffle oil over chicken, squash and a little on the beans. About two teaspoons per plate is a good starting point.

Serve.