

## Chicken Sauce Piquant

½ cup plus 2 tablespoons olive oil  
2 cups chopped yellow  
1 cup chopped green bell peppers  
1 cup chopped celery  
1 ½ teaspoons salt  
1 ½ teaspoons crushed red pepper flakes  
½ teaspoon cayenne pepper  
4 bay leaves  
¾ cups plus 3 tablespoons all-purpose flour  
4 cups crushed tomatoes  
4 cups chicken stock  
1 ½ teaspoon Worcestershire sauce  
1 ½ teaspoon hot pepper sauce  
6 chicken breasts, halved  
2 teaspoons Creole seasoning  
¾ cup chopped green onions (white and green parts)  
½ cup chopped fresh flat-leaf parsley

Heat ¼ cup of the olive oil in a large heavy nonstick pot over medium-high heat. Stir in the onions, bell peppers, celery, salt, crushed red pepper flakes, cayenne, and bay leaves. Cook, stirring occasionally, until the vegetables are soft and lightly golden, about 5 minutes. Add three tablespoons of the flour and cook, stirring, to cook the flour without browning, 1 to 2 minutes. Add the tomatoes, chicken stock, Worcestershire, and pepper sauce. Bring to a boil and then reduce heat to medium-low.

Place the halved chicken breasts, several at a time on a work surface covered with plastic wrap. Cover the chicken with plastic wrap and pound with a meat mallet until about ¼ inch thick.

Combine the remaining flour and the Creole Seasoning in a shallow bowl. Dredge the chicken breasts in the seasoned flour, shaking off the excess.

Heat 2 tablespoons of the oil in a large non-stick skillet over medium-high heat. Add four chicken breasts and sauté until golden brown, turning once, 3 to 4 minutes per side. Transfer to a platter and keep warm in the oven. Heat another 2 tablespoons of oil in the skillet and sauté 4 more of the chicken breast until golden brown, turning once, 3 to 4 minutes. Transfer these to the platter to keep warm. Heat the remaining 2 tablespoons of oil and sauté the remaining chicken breasts.

Add the chicken breasts to the sauce and let the chicken cook in the sauce over medium-high heat for several minutes on each side. Remove and discard the bay leaves.

Serve each chicken breast on plate with the Creole vegetables and serve.

Makes 12 servings

A variation of a recipe from *Prime Time Emeril*