

# Spicy Chicken with Shallot Sour Cream Pan Sauce

*My own concoction.*



*My own concoction - easy - just chicken thighs with lemon juice, a little white wine, shallots and sour cream.*

1 1/2 pounds boneless skinless chicken thighs (you can use breasts, pounded thin, cooked for a more brief time than recipe indicates)

2 tablespoons chicken herb rub (I use Szeged brand "chicken rub")

2 teaspoons vegetable oil

2 medium shallots, peeled, minced

1 large garlic clove, peeled, minced

1/3 cup white wine (I used vermouth)

zest from one lemon

2 tablespoons fresh lemon juice

1/2 cup light sour cream

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

*The herb rub I use is Hungarian - it contains garlic, basil, paprika, oregano, salt and "other" spices. I also add some additional paprika to it. Because we like it, I use a half-sharp paprika that has some heat to it - but not a lot.*

1. Rinse and pat dry the chicken on paper towels. Season the chicken with an herb rub of your choice.
2. Heat oil in a skillet large enough to hold all the chicken pieces - with a little room to spare (don't crowd them, or they will steam rather than saute). Gently saute the chicken until it's golden brown on one side, about 3-4 minutes. Turn over and continue to cook for 3-4 minutes.
3. Meanwhile, zest the lemon and prepare the lemon juice.
4. Move the chicken over to one side of the pan and add the shallots and cook over medium-low heat for 2-4 minutes, until they are translucent. Add the garlic and saute for about 30 seconds. Add white wine, stir and bring to a simmer. Add the lemon juice and sour cream. Sprinkle in the lemon zest. Stir until the mixture is blended, then spoon over the chicken pieces. Cover and simmer over very low heat for about 3-4 minutes. Do not boil the mixture or the sour cream will separate. Serve with a spoon of the sauce on top or on the side.

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Per Serving (excluding unknown items): 110 Calories; 4g Fat (39.5% calories from fat); 13g Protein; 2g Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 62mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.