

This recipe was developed by Luann Alemao from “Get Fit” a news magazine and television show that airs on cable access Channel 15 in the Cedar Falls, Iowa, area. *Make Mine Wine* Publisher, Barbra Rasko, appeared on the show when Luann demonstrated this recipe using Iowa wine.

Luann remarks that this recipe is “so simple and beautiful”.

Chicken Veronique

2 chicken breasts
½ teaspoon Iowa soy oil
1-2 tablespoons of Grape preserves made in Iowa
¼ teaspoon chopped tarragon or use dried
¼ cup red wine
¼ cup buttermilk
¾ cup red grapes
Mushrooms (optional)

1. Sprinkle chicken with salt and place in skillet with ½ teaspoon Iowa soy oil.
2. Cook breasts until golden and browned.
3. Add jam, tarragon and wine. Stir to incorporate in.
4. Cover and simmer for about 15 minutes or until meat is no longer pink when slashed in the thickest part.
5. Remove breasts from pan.
6. To remaining pan juices, add buttermilk and quickly bring to a simmer, stir in optional mushrooms and simmer 1 – 2 minutes.
7. Add grapes and let them just warm.
8. Add chicken breasts back to mixture and pour the sauce over.
9. Garnish with some mushrooms and more tarragon.

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