

CHICKEN BREASTS TARRAGON

4 lbs. boneless skinless chicken breasts
2 T. oil
2 T. margarine
6 chopped shallots
2 carrots, thinly sliced
1/4 c. cognac or brandy
1 c. white wine
1/4 c. chopped fresh tarragon or 2 t. dried tarragon
1-1/2 T. fresh chopped chervil or 1/2 t. dried chervil
1/2 t. salt
1/8 t. pepper
1 c. light cream
1 egg yolk
1 T. flour
1/4 lb. sliced mushrooms
2 T. margarine
fresh tarragon sprigs

Brown chicken in oil and butter. Remove chicken and add shallot and carrot to drippings. Saute 5 minutes. Return chicken and heat. When hot, heat cognac in ladle over gas flame and ignite. Pour flaming over chicken. Add wine and seasonings. Boil, reduce heat, and simmer covered for 30 minutes. Remove chicken, strain drippings and discard vegetables. Combine cream, yolk and flour. Stir into strained drippings and bring just to boiling. Add more wine if too thick. Saute mushrooms in margarine for 5 minutes. Spoon sauce over chicken and garnish with tarragon and mushrooms. Serves 8.

From: Donna Kummer
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