

Breast of Chicken Salamander

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

*6 or so medium mushrooms
(Shiitake)*

*4 ounces skinless chicken
thigh meat, cut into pieces*

1 beer-type sausage

1 egg

*2 tablespoons parsley,
finely chopped*

*2 tablespoons fresh chives,
chopped*

*1 tablespoon fresh tarragon,
chopped*

salt (to taste)

pepper (to taste)

*4 medium skinless chicken
breasts*

*4 cups unsalted chicken
stock*

1 cup dry white wine

1 cup whipping cream

*6 tablespoons butter, cut
into pieces*

Prepare the filling by grinding the chicken thigh meat, parsley, chives, tarragon, salt, pepper and sausage to a coarse paste in a food processor.

Add the egg and blend for a few seconds.

Transfer the mixture to a bowl.

Using a meat mallet, flatten the chicken breasts to a thickness of 1/4-inch. Divide the filling among the chicken breasts, spreading evenly and leaving a border. Starting at the short end, roll each chicken breast up jelly roll style, enclosing the filling completely. Roll each up tightly in aluminum foil; seal the ends.

In a large saucepan, bring the stock and wine to a boil. Reduce the heat to low. Add the chicken rolls and simmer until springy to the touch, turning occasionally, for about 20 minutes. Remove the rolls from the liquid. Set aside.

Boil the cooking liquid until reduced to one cup, about 20 minutes. (You can add additional herbs at this point, such as basil, if you choose.) Add the cream. Boil until reduced to a sauce consistency, about 8 minutes. (If needed, make a small amount of roux to thicken the sauce.)

Remove the pan from the heat. Whisk in the butter pieces. Unwrap the chicken rolls. French cut the rolls into one-half inch slices. Arrange in an overlapping pattern on service plates. Spoon the sauce over the top. Garnish with parsley.

Per Serving (excluding unknown items): 677 Calories; 43g Fat (61.9% calories from fat); 58g Protein; 2g Carbohydrate; trace Dietary Fiber; 318mg Cholesterol; 373mg Sodium. Exchanges: 8 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 Fat.