
Chicken Macadamia

The Windsor Family Cookbook
Windsor Vineyards - Windsor, CA

Servings: 6

6 chicken breast halves, boned and skinned
2 cups Champagne
1 1/2 tablespoons butter
2 1/2 tablespoons flour
1/2 cup chicken stock
1/4 cup heavy cream
1/2 tablespoon fresh parsley, chopped
pinch fresh black pepper
2 cups sharp Cheddar cheese, shredded
1/2 cup macadamia nuts, chopped and toasted
parsley (for garnish)

Pound the chicken breasts until thin enough to roll. Place in a large pan and cover with 1.5 cups of champagne. Marinate for two hours or overnight.

When ready to prepare the meal, melt the butter over low heat. Stir in the flour to make a smooth roux. Gradually add the chicken stock and cream to the roux, stirring constantly, until smooth and thickened. Add the remaining 1/2 cup of champagne, parsley and pepper. The sauce should be medium-thin. Drain the chicken.

Combine the cheese and nuts. Sprinkle onto the chicken using 1/3 to 1/2 cup per breast. Roll the chicken, tucking in the sides. Place the rolls, seam side down, in a 9x12x2-1/2 inch pan. Pour half of the sauce over the chicken breasts, reserving the remaining sauce.

Bake in a 325 degree oven for 45 minutes.

Place the chicken breasts on serving plates. Spoon on the remaining white sauce (reheat if necessary) and the melted cheese filling from the baking pan.

Garnish with additional toasted macadamia nuts and parsley.

Chicken

Per Serving (excluding unknown items): 620 Calories; 41g Fat (65.4% calories from fat); 41g Protein; 7g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 539mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.