

Classic Chicken a la King

Pat Rudy

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*6 tablespoons butter
9 tablespoons flour
3/4 teaspoon salt
dash, pepper
3 cups chicken broth
1 cup cream
1 cup mushrooms, sliced
chopped green bell pepper
(to taste)
2 cups cooked chicken,
chopped
1/2 cup sliced pimientos
2 egg yolks, beaten
1/4 cup sherry
tart shells or toast*

In a saucepan, melt the butter. Blend in the flour, salt and pepper. Add the chicken broth gradually. Bring to a boil. Cook for 2 minutes or until thickened, stirring constantly. Remove from the heat.

Stir in the cream. Pour the sauce into the top of a double-boiler.

In a skillet, saute' the mushrooms and green pepper until tender. Add the sautee'd vegetables, chicken and pimientos to the sauce. Heat over hot water, stirring constantly.

Just before serving, stir a small amount of the hot mixture into the egg yolks. Stir the egg yolks and sherry back into the hot mixture.

Spoon the mixture into prepared tart shells or over toast.

Per Serving (excluding unknown items): 567 Calories; 39g Fat (64.3% calories from fat); 31g Protein; 18g Carbohydrate; 1g Dietary Fiber; 265mg Cholesterol; 1229mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 7 Fat.