

Tarragon Chicken Trieste

Gail Nehrig

The Church of St. Michael and St. George - St. Louis, MO - 1985

*1/2 pound fresh mushrooms
1/2 stick butter
6 large chicken breasts
2 teaspoons beau monde
seasoning
1/2 teaspoon tarragon
1 cup dry white wine
1 cup sour cream
rice*

Slice the mushrooms and saute' in two tablespoons of butter. Remove the mushrooms to a bowl. Add the remaining butter. Brown the chicken well. Sprinkle with beau monde seasoning during the browning.

Add the mushroom back into the pan. Sprinkle with tarragon. Pour the wine over the chicken. Cover.

Simmer for 45 minutes until tender.

Spoon sour cream into the pan juices. Stir and heat thoroughly.

Serve over rice with the sauce.

Per Serving (excluding unknown items): 4110 Calories; 256g Fat (59.2% calories from fat); 375g Protein; 22g Carbohydrate; 3g Dietary Fiber; 1340mg Cholesterol; 1708mg Sodium. Exchanges: 0 Grain(Starch); 52 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 19 Fat.