

Brandied Chicken

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 fryer-broiler chickens, cut up
salt
pepper
1/4 pound (one stick) butter, melted
6 tablespoons brandy
5 medium shallots, minced
1 tablespoon parsley, chopped
1 teaspoon fresh tarragon, chopped
1/2 cup dry white wine
4 tablespoons Cointreau liqueur
1/2 cup heavy cream

Preheat the oven to 375 degrees.

Season the chicken pieces well. In a large skillet, brown them lightly all over in sizzling butter.

In a small saucepan, warm four tablespoons of the brandy. Pour over the chicken. Ignite the brandy and let it burn off. (Or ignite the brandy in the saucepan and pour, flaming, over the chicken). Arrange the chicken in a large casserole.

Add the shallots, parsley and tarragon to the fat remaining in the skillet, cooking briefly.

Add the remaining two tablespoons of brandy, the wine and the Cointreau. Blend well and stir in the cream. Pour the mixture over the chicken. Cover the casserole.

Bake for 45 minutes.

Per Serving (excluding unknown items): 156 Calories; 11g Fat (89.8% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 49mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	156	Vitamin B6 (mg):	trace
% Calories from Fat:	89.8%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates:	7.7%
% Calories from Protein:	2.5%
Total Fat (g):	11g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	38mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	49mg
Potassium (mg):	64mg
Calcium (mg):	20mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1510IU
Vitamin A (r.e.):	227RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	47
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 156	Calories from Fat: 140
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% Daily Values*

Total Fat 11g	17%
Saturated Fat 7g	35%
Cholesterol 38mg	13%
Sodium 49mg	2%
Total Carbohydrates 2g	1%
Dietary Fiber trace	0%
Protein 1g	
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Vitamin A	30%
Vitamin C	3%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.