

Chicken Breast en Feuilletée

Pine Needles - Southern Pines, NC

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

1/2 cup onion, diced
2 1/2 tablespoons clarified butter
salt (to taste)
freshly ground pepper (to taste)
pinch nutmeg
3 tablespoons flour
1 cup warm chicken stock
2 tablespoons heavy cream
4 boned chicken breast halves (4 ounces each)
butter
packaged frozen pastry shells, rolled out
4 slices cooked ham
4 slices Provolone or Swiss cheese
1 egg, beaten
VELOUTE' SAUCE
6 cups chicken stock
2 ounces clarified butter
2 ounces all-purpose flour

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Make the Veloute' Sauce: Heat the chicken stock to a simmer in a medium saucepan, then lower the heat so that the stock just stays hot. Meanwhile, in a separate heavy-bottomed saucepan, melt the clarified butter over a medium heat until it becomes frothy. Take care not to let the butter turn brown, though — that'll affect the flavor. With a wooden spoon, stir the flour into the melted butter a little bit at a time, until it is fully incorporated into the butter, giving you a pale-yellow-colored paste. This paste is called a roux. Heat the roux for another few minutes or so, until it has turned a light blond color. Don't let it get too dark.

In a skillet, saute' the onions in the clarified butter until they are limp and translucent, do not brown. Season with salt, pepper and nutmeg. Add the flour and blend thoroughly. Add the chicken stock and cream. Cook, stirring constantly, until the sauce thickens. Cool in the refrigerator.

Saute' the chicken breasts in a little butter until they are almost done; do not overcook. Trim.

Roll out the puff pastry to a 1/4-inch thickness. Cut into four four-inch squares. Place a chicken breast on one-half of each pastry square. Top with a little of the onion sauce, then add a slice of ham and a slice of cheese, trimmed to fit. Brush the edges of the pastry with egg glaze. Fold the empty half of the pastry square over the filling. Press the edges together to make a tight seal. (At this point, the pastry envelopes can be frozen for later use. Thaw at least one hour before using.)

Bake at 350 degrees for about 25 minutes. Serve immediately with the warm Veloute' Sauce.

Per Serving (excluding unknown items): 598 Calories; 41g Fat (63.9% calories from fat); 29g Protein; 23g Carbohydrate; 1g Dietary Fiber; 197mg Cholesterol; 5020mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	598	Vitamin B6 (mg):	.5mg
% Calories from Fat:	63.9%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	15.9%	Thiamin B1 (mg):	2.8mg
% Calories from Protein:	20.2%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	41g	Folacin (mcg):	41mcg
Saturated Fat (g):	21g	Niacin (mg):	9mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	197mg	% Refused:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	29g	Lean Meat:	3 1/2
Sodium (mg):	5020mg	Vegetable:	1/2
Potassium (mg):	652mg	Fruit:	0
Calcium (mg):	32mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	6
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	39mg		
Vitamin A (i.u.):	1002IU		
Vitamin A (r.e.):	254RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 598 Calories from Fat: 382

% Daily Values*

Total Fat 41g	63%
Saturated Fat 21g	103%
Cholesterol 197mg	66%
Sodium 5020mg	209%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	4%
Protein 29g	
Vitamin A	20%
Vitamin C	65%
Calcium	3%
Iron	26%

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