

Parisian Chicken

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*2 1/2 pounds fryer-broiler, quartered
salt
pepper
3 tablespoons butter or margarine
3 shallots or 1/2 small onion, sliced
thin
2 ounces cognac, warmed
1/4 cup dry vermouth
3/4 cup heavy cream
4 large mushroom caps, scored and
sautee' lightly in butter*

Preheat the oven to 300 degrees.

Season the chicken pieces and brown them well in hot butter. (It is easier to brown the wing quarters if you cut off the wing tips and run short skewers to hold the rest of the wing flat.) Arrange the chicken in a rather shallow casserole.

In the fat remaining in the skillet, saute' the shallots for a moment. Add to the chicken.

Ignite the warmed cognac. Pour, flaming, over the chicken.

When the flames subside, add the mixed cream and vermouth to the casserole. Cover the casserole.

Bake for 30 to 40 minutes or until the chicken is tender.

Place a mushroom cap on each chicken piece before serving.

Per Serving (excluding unknown items): 289 Calories; 25g Fat (91.3% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 109mg Sodium. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.

Chicken

Per Serving Nutritional Analysis

% Calories from Fat:	91.3%
% Calories from Carbohydrates:	5.9%
% Calories from Protein:	2.8%
Total Fat (g):	25g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	84mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	109mg
Potassium (mg):	172mg
Calcium (mg):	34mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	981IU
Vitamin A (r.e.):	268 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	9mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	50
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 289 **Calories from Fat:** 264

% Daily Values*

Total Fat 25g	39%
Saturated Fat 16g	78%
Cholesterol 84mg	28%
Sodium 109mg	5%
Total Carbohydrates 4g	1%
Dietary Fiber trace	2%
Protein 2g	
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Vitamin A	20%
Vitamin C	2%
Calcium	3%
Iron	3%

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