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# Chicken Breasts Wellington

*Denise Kiepper - Marshall Field's Columbus*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

Servings: 4

**1/2 cup butter or margarine, melted**  
**1/2 package (8 ounce) cream cheese, softened**  
**1 cup all-purpose flour**  
**4 chicken breast halves, skinned and boned**  
**2 tablespoons butter or margarine**  
**salt**  
**pepper**  
**1/4 cup canned chicken broth**  
**1/4 cup water**  
**1 large carrot, peeled, cut into 1/4-inch slices**  
**3/4 cup sliced fresh mushrooms**  
**1 tablespoon butter or margarine**  
**1 egg**  
**1 teaspoon water**  
**VELOUTE SAUCE**  
**3/4 cup canned chicken broth**  
**3/4 cup water**  
**3 tablespoons butter or margarine**  
**3 tablespoons all-purpose flour**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper**

Make the Veloute Sauce: In a bowl, combine the broth and water. Set aside. In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook, stirring constantly, until lightly browned. Gradually add the broth. Cook over medium heat, stirring constantly, until thickened. Stir in the salt and pepper. Cook, stirring constantly, over medium heat until the mixture is reduced to 1-1/4 cups.

Preheat the oven to 425 degrees.

In a bowl, combine the butter and cream cheese. Mix well. Add the flour. Stir with a fork until all the dry ingredients are moistened. Remove a one-inch ball of dough. Divide the remaining dough into four portions. Chill for one hour.

Saute' the chicken in two tablespoons of butter for 2 minutes on each side. Remove from the pan. Sprinkle lightly with salt and pepper. Set aside.

In a small saucepan, combine the chicken broth, water and carrot. Bring to a boil. Cover. Reduce the heat and simmer for 8 to 10 minutes or until crisp-tender. Drain and set aside.

Saute' the mushrooms in one tablespoon of butter. Drain and set aside.

Roll out the four large portions of pastry on a lightly floured surface into 1/8-inch circles. On each, arrange one-fourth of the carrot slices, one-fourth of the mushrooms and one chicken apiece. Fold the two opposite edges over the filling, then fold over the two remaining opposite edges. Invert and transfer to an ungreased baking sheet.

Roll out the one-inch ball of pastry to 1/8-inch thickness, but into eight thin strips. Place two strips on top of each Wellington forming a letter X. Beat together the egg and water. Brush the tops with the egg mixture. Prick the tops several times with a fork.

Bake for 15 to 18 minutes or until golden brown.

Serve with the Veloute Sauce.

## Chicken

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*Per Serving (excluding unknown items): 871 Calories; 65g Fat (67.7% calories from fat); 39g Protein; 32g Carbohydrate; 2g Dietary Fiber; 286mg Cholesterol; 747mg Sodium. Exchanges: 2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 10 Fat.*