

Chicken Breasts with Kirsch

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*4 boneless/ skinless chicken breast
halves
salt
3 tablespoons butter or margarine
1/4 cup cognac
1/4 cup kirsch
1/2 cup heavy cream
2 egg yolks*

Preheat the oven to 375 degrees.

Salt the chicken breasts lightly. In a skillet, saute' them to a golden brown in sizzling butter.

Arrange the breasts in a shallow casserole. Cover.

Bake for 20 minutes.

In a small saucepan, mix the cognac and the Kirsch. Warm a little. Remove the chicken from the oven. Ignite the liquers in the saucepan. Pour over the chicken. Let flame until the flames subside.

In a bowl, whip the cream until it begins to thicken. Add the egg yolks. Beat a moment more until well blended. Heat the mixture in a saucepan, stirring constantly. When it is hot, but not boiling, pour over the chicken breasts gently.

Continue to bake for 15 to 20 minutes or until the meat is very tender.

Per Serving (excluding unknown items): 241 Calories; 22g Fat (94.2% calories from fat); 2g Protein; 1g Carbohydrate; 0g Dietary Fiber; 170mg Cholesterol; 103mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

% Calories from Fat:	94.2%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	3.9%
Total Fat (g):	22g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	170mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	103mg
Potassium (mg):	33mg
Calcium (mg):	33mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	924IU
Vitamin A (r.e.):	254RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	32
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 241 Calories from Fat: 227

% Daily Values*

Total Fat 22g	34%
Saturated Fat 13g	65%
Cholesterol 170mg	57%
Sodium 103mg	4%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 2g	
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Vitamin A	18%
Vitamin C	0%
Calcium	3%
Iron	2%

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