

# Chicken Wellington and Port-Currant Sauce

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## **Yield: 8 to 12 servings**

*6 whole, skinned and boned  
chicken breasts, halved  
salt  
pepper  
6 ounces wild rice  
1/4 cup grated orange peel  
1 tablespoon water  
1 jar (10 ounce) red currant  
jelly  
1 tablespoon prepared  
mustard  
3 tablespoons port wine  
1/4 cup lemon juice  
2 eggs, separated  
3 sheets (8 ounce ea) puff  
pastry*

Preheat the oven to 375 degrees.

Season the chicken with salt and pepper.

Cook the rice according to package directions. Stir in the orange peel. In a bowl, beat the egg whites until stiff. Fold into the rice. Set aside.

Roll out each sheet of puff pastry to a 1/8-inch thickness. Divide the pastry into quarters.

Place a chicken breast onto each pastry quarter. Spoon 1/4 cup of rice on top. Roll up the breasts. Place, seam side down, on a jelly roll pan.

In a bowl, beat the egg yolks with a little water. Brush over the dough.

Bake for 50 minutes.

In a saucepan, heat the currant jelly, mustard, port wine and lemon juice. Serve warm with the chicken.

(One sauce recipe is enough if you double the chicken. An elegant make-ahead entree. You can make the chicken ahead of time and bake once the guests arrive.)

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Per Serving (excluding unknown items): 4643 Calories; 227g Fat (45.1% calories from fat); 412g Protein; 209g Carbohydrate; 14g Dietary Fiber; 1538mg Cholesterol; 1791mg Sodium. Exchanges: 12 1/2 Grain(Starch); 54 Lean Meat; 1/2 Fruit; 12 1/2 Fat; 0 Other Carbohydrates.