
Drunken Chicken II

Rene O'Neil

Nettles Island Cooking in Paradise - 2014

Servings: 6

4 whole chicken breasts, halved, boned and skinned
salt (to taste)
freshly ground black pepper (to taste)
1 cup all-purpose flour
2 tablespoons olive oil
2 tablespoons butter
1 large onion, finely chopped
1 can (16 ounce) tomato wedges
2 tablespoons fresh parsley, minced
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 cup packed light brown sugar
1 cup dry sherry or vermouth
1/2 cup golden raisins
1/2 cup slivered almonds

Season the chicken with salt and pepper. Dredge with flour.

In a large skillet, brown the chicken in oil and butter. Place the browned chicken in a shallow three-quart casserole.

In the same pan, cook the onion until transparent.. Add the parsley, tomatoes with liquid, cinnamon, cloves, brown sugar, sherry and raisins. Simmer, uncovered, for 15 to 20 minutes, stirring occasionally. Pour over the chicken and sprinkle with almonds.

Bake at 375 for 30 minutes.

Chicken

Per Serving (excluding unknown items): 637 Calories; 33g Fat (46.4% calories from fat); 46g Protein; 40g Carbohydrate; 2g Dietary Fiber; 134mg Cholesterol; 169mg Sodium. Exchanges: 1 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 1/2 Other Carbohydrates.