
Chicken Breasts with Paprika, Onions and Cream

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 4

1 1/3 cups finely minced white onions
1/2 cup butter
2 tablespoons paprika
1/4 teaspoon salt
8 boneless/skinless chicken breast halves
1 teaspoon lemon juice, as needed
salt
white pepper
1/2 cup canned beef bouillon
1/2 cup port, madiera or dry white vermouth
1 cup 35% cream
1/4 cup minced parsley

Preheat the oven to 400 degrees.

In a saucepan, drop the onions into boiling water for 1 minute. Drain. Drench with cold water. Drain again.

In a heavy casserole or skillet, cook the onions gently in butter with the paprika and salt until just tender. Rub the breasts with lemon juice and sprinkle lightly with salt and white pepper.

Quickly roll the breast halves in the foaming butter and onion mixture. Cover with greased wax paper. Place in the casserole. Cover the casserole and place in a 400 degree oven. After 8 minutes, test the breast halves for adequate cooking - the meat should be springy to the touch. Do not overcook. Remove the breast halves to a warm platter and make the sauce.

Add the bouillon and wine to the butter mixture. Boil down rapidly until syrupy. Stir in the cream and boil down quickly until the cream has thickened slightly. Remove from the heat. Taste the sauce carefully and season if necessary with salt, white pepper and lemon juice.

Pour the sauce over the breast halves and sprinkle with parsley.

Serve immediately.

Chicken

Per Serving (excluding unknown items): 214 Calories; 23g Fat (95.0% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 369mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 4 1/2 Fat.