

# Chicken Breasts with Tarragon II

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## Servings: 6

*3 whole chicken breasts,  
boned, halved, salted and  
peppered  
1/4 cup flour  
1/4 cup butter  
1 to 2 tablespoons chopped  
onions  
1/4 cup dry Bordeaux white  
wine  
1 teaspoon fresh tarragon,  
chopped  
1/4 cup chicken broth  
1/4 cup heavy cream*

## Preparation Time: 30 minutes

### Bake Time: 45 minutes

Skin the breasts. Salt and pepper them. Dredge them in flour.

In a large skillet, melt three tablespoons of butter. Add the chicken. Brown on both sides. Transfer the chicken to a heated platter.

Add the onion to the skillet. Saute' briefly. Add the wine to the skillet. Cook the liquid on high heat until nearly evaporated, while scraping loose all the brown particles. Add the reserved flour and stir to make a thick paste.

Sprinkle with the tarragon and stir in the chicken broth. Return the chicken to the skillet. Cover. Cook for 25 minutes until tender. Transfer the chicken to a hot platter and keep hot.

Add the remaining butter and cream to the skillet. Heat while stirring. Pour the sauce over the chicken.

The sauce can be used as gravy if you serve this with white rice or boiled potatoes.

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Per Serving (excluding unknown items): 379 Calories; 25g Fat (60.0% calories from fat); 31g Protein; 6g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 206mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.