

# Chicken Pompadour

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**Servings: 6**

*6 boneless/ skinless  
chicken breasts  
salt  
freshly ground black pepper  
2 eggs  
flour (for dredging)  
2 cups blanched almonds,  
chopped  
6 tablespoons butter or  
margarine*

**Preparation Time: 10 minutes****Cook Time: 10 minutes**

Pound the chicken breasts lightly to even them.  
Season with salt and pepper.

Beat the eggs in a flat soup plate. Place a good amount of flour on a piece of waxed paper. Put the almonds on a piece of waxed paper.

Dredge the chicken breasts in flour, dip into the egg mixture, and then coat with almonds. Press with the palm of your hand so that the almonds will stick to the chicken.

In a large skillet, melt the butter and saute' the chicken for 4 to 5 minutes per side, or until cooked through and golden brown.

Serve immediately.

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Per Serving (excluding unknown items): 908 Calories; 65g Fat (64.3% calories from fat); 73g Protein; 9g Carbohydrate; 3g Dietary Fiber; 287mg Cholesterol; 328mg Sodium. Exchanges: 1/2 Grain(Starch); 10 Lean Meat; 7 Fat.