

Poultarde Saint-Cyr

Fauvette King

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*1 small roasting chicken
butter
salt
pepper
2 tablespoons brandy
1 cup heavy cream
1 tablespoon sweet butter
1 tablespoon flour
1 cup rice
water
foie gras
Truffle*

Cut a small roasting chicken or a meaty fryer into serving pieces. In a saucepan, brown the pieces slowly in butter. Season with salt and pepper. Cook for about 25 minutes or until tender. Remove the pieces from the pan and keep them hot.

Pour off the excess butter from the pan and dissolve the remaining brown juices and two tablespoons of brandy. Stir, heat and bring the brandy to a boil. Add one cup of heavy cream and cook for a few minutes. Stir in one tablespoon of sweet butter (if the sauce is not thick enough, the butter may be blended with one tablespoon of flour). Strain the sauce through a fine sieve.

Cook one cup of rice in salted water until tender. Drain the rice. Toss lightly with diced foie gras and a chopped truffle.

Turn the rice onto a serving dish. Place the chicken on top. Pour the sauce over all.

Per Serving (excluding unknown items): 4478 Calories; 301g Fat (62.4% calories from fat); 248g Protein; 161g Carbohydrate; 3g Dietary Fiber; 1302mg Cholesterol; 1008mg Sodium. Exchanges: 10 Grain(Starch); 32 Lean Meat; 1/2 Non-Fat Milk; 41 1/2 Fat.