

CHICKEN BREASTS A LA NORMANDÉ



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2 Chicken breasts, skinned, boned and halved
flour
1/4 cup oil (60 ml.)
3/4 cup brandy (185 ml.) (preferably apple brandy - Calvados)
1/2 cup whipping cream (125 ml.)
2 tsp. butter or margarine (10 ml.)
2 small green apples
2 to 4 tbs. sugar (30-60 ml.)

Roll breasts in flour.
Heat oil in skillet to medium-high.
Add breasts and saute 1 to 2 minutes per side, or until golden.
Remove breasts and discard oil.
Add 1/2 cup (125 ml.) brandy to skillet and return breasts.
Place over high heat, IGNITE CAREFULLY, then immediately cover to
put out flame.
Again, remove breasts.
Add cream to skillet and reduce liquid, by boiling,
to half its original volume.
Add butter and shake pan until butter melts.
Peel, core and slice apples thinly.
Stir sugar and remaining brandy into skillet.
Add apples slices.
Bring to boil and cook one minute.
Place breasts on warm serving plate, surround with apples and
top with sauce.
Makes 4 servings.

EHK - LESSON 4 - RECIPE16.MSS

Tools we recommend:



ITEM: 8323
CHOPPING BOARD



ITEM: 7654
JOLLY MOLLY OVEN GLOVE



ITEM: 7883
25CM WOODEN SPOON



ITEM: 6011
IVO CHEF'S KNIFE



ITEM: 7004
APPLE CORER