

CHICKEN BAYOU LAFOURCHE W. ANDOUILLE TARRAGON CREAM

Bayou LaFourche flows from the Mississippi River in Donaldsonville, La, to the Gulf of America.
Over the past 200 years Creole cultures have settled this area.



INGREDIENTS:

12 boneless Chicken Breasts
1 lb chopped Crawfish Tails
1/2 cup diced Onions
1/2 cup diced Celery
1/2 cup diced Red Bell Pepper
1 tbsp minced Garlic
1/2 cup sliced green Onions
1/2 cup chopped Parsley
1/2 tsp. Herbsaint Liquor
2 tbsp Sherry
1 cup Italian Bread crumbs
2 cup seasoned Flour
1 cup Vegetable Oil

1 cup Béchamel Sauce – see recipe

DIRECTIONS:

Preheat oven to 375°.
Pound chicken breasts lightly to flatten then season with salt and pepper.
In 2 quart or larger bowl, combine all remaining ingredients except flour and oil.
Blend well and adjust season if necessary.
Place an equal amount of stuffing in center of each breast, roll into a round and secure w. toothpicks.
Dust lightly in flour and set aside.
In large saute' pan, heat oil over medium high heat.
Add chicken and sauté until brown on all sides.
Place browned chicken into baking dish and bake 20-30 min.
Remove from oven and remove excess fat.
Plate immediately or keep warm until served.

ANDOUILLE TARRAGON CREAM SAUCE

INGREDIENTS:

1/2 cup Andouille
2 tbsp chopped Tarragon
1/2 cup melted Butter
2 tbsp sliced Shallots
2 tbsp minced Garlic
2 tsp Flour
2 oz white Wine
3 cups heavy Whipping Cream
Salt & Pepper to taste

DIRECTIONS:

In skillet, heat butter over medium-high heat.
Add shallots, garlic and Andouille.
Saute' 3-5 minutes or until vegetables are wilted.
Blend in flour, then add tarragon and deglaze with white wine.
Stir in heavy whipping cream and reduce volume to half.
Season with salt and pepper.
Pour finished sauce over chicken in baking pan.

BÉCHAMEL SAUCE

INGREDIENTS:

1 quart Milk
1 small Onion
3 whole Cloves
6 whole Peppercorns
2 pinch of Thyme
2 small Bay leaves
1/2 cup white Butter Roux – see recipe
Pinch of Nutmeg
Salt & Pepper to taste

DIRECTIONS:

Heat milk over medium high heat.
Add onions, cloves, thyme, peppercorns and bay leaves.
Continue to scald milk with seasonings for approx. 20 minutes.
Do not boil.
Strain scalded milk through cheesecloth into another saucepan.
Discard vegetables.
Bring mixture back to low boil and add white butter roux, stirring constantly with whisk.
Continue to whisk until mixture achieves a thickened sauce consistency.
Be careful not to scorch sauce.
When thickened, remove from heat and season with salt, pepper and nutmeg.

WHITE BUTTER ROUX

INGREDIENTS:

1 cup Butter
1 cup Flour

DIRECTIONS:

In heavy bottomed sauté pan, melt butter over medium high heat.
Whisk in flour, stirring constantly until the flour and butter are blended and bubbly.
Do not brown.
This roux can be used in béchamels, cream sauces and soups.