



Brandied Tarragon Cream Chicken (Chicken a la Vallee d'Auge), Camembert Rice with Warm Endive and Apples

READY IN



30 min.

SERVINGS



4

CALORIES



946 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup applejack brandy
- ☐ 3 tablespoons butter divided
- ☐ 4 ounces camembert cheese cut into small pieces
- ☐ 3 cups chicken stock see
- ☐ 3 tablespoons chives chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 endive

- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons tarragon leaves fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 2 golden delicious apples
- ☐ 1.5 cups rice
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 large shallots thinly sliced
- ☐ 4 pieces chicken breast boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 6 large mushrooms white thinly sliced
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

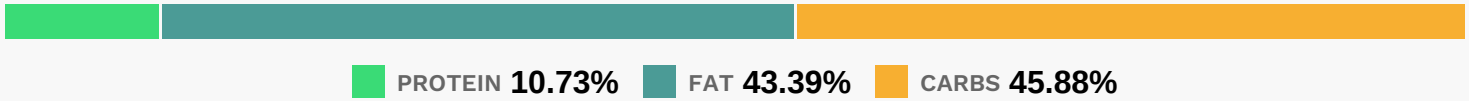
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium sauce pot over medium heat melt 1 tablespoon butter.
- ☐ Add rice and toss to coat, toast 2 to 3 minutes until fragrant.
- ☐ Add stock and bring to a boil. Reduce heat to a simmer and cook 18 minutes, fluff with fork and stir in Camembert to melt.
- ☐ While the rice cooks, heat 2 tablespoons extra-virgin olive oil in a large skillet over medium high heat. Season the chicken with salt and pepper and dredge chicken lightly in flour and shake off any excess. Brown chicken 3 to 4 minutes on each side.
- ☐ Remove chicken and reduce heat a little and melt in remaining 2 tablespoons butter.
- ☐ Saute the shallots 3 minutes until soft but not browned.
- ☐ Remove pan from the heat, add the brandy and ignite with a long kitchen match until the flame subsides. Return pan to the heat, add mushrooms and cook 2 to 3 minutes. Season with salt and pepper.

- ☐ Add wine and reduce 1 to 2 minutes. Stir in cream and tarragon and slide chicken back into the pan.. Reduce heat to low and simmer 8 to 10 minutes.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a skillet over medium heat. Trim the ends of endive and thinly slice the tight bottoms. Half the upper leaves across and separate the leaves. Quarter the apples lengthwise and cut away the core. Thinly slice the apples.
- ☐ Add the endive and apples and saute 3 to 4 minutes to tenderize. Dress the salad with vinegar and sugar, salt and pepper and chives.
- ☐ Serve the chicken along side rice and endive and apples.

Nutrition Facts



Properties

Glycemic Index:141.82, Glycemic Load:48.33, Inflammation Score:-10, Nutrition Score:46.276086993839%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 34.44mg, Kaempferol: 34.44mg, Kaempferol: 34.44mg, Kaempferol: 34.44mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 945.79kcal (47.29%), Fat: 44.17g (67.96%), Saturated Fat: 19.52g (121.98%), Carbohydrates: 105.08g (35.03%), Net Carbohydrates: 90.04g (32.74%), Sugar: 17.13g (19.04%), Cholesterol: 82.64mg (27.55%), Sodium: 852.79mg (37.08%), Alcohol: 6.55g (100%), Alcohol %: 0.96% (100%), Protein: 24.57g (49.15%), Vitamin K: 797.74µg (759.75%), Vitamin A: 8546.09IU (170.92%), Folate: 566.46µg (141.62%), Manganese: 2.69mg (134.31%), Fiber: 15.03g (60.12%), Vitamin B2: 0.93mg (54.91%), Potassium: 1808.01mg (51.66%), Vitamin B5: 4.92mg (49.2%), Phosphorus: 423.34mg (42.33%), Selenium: 29.39µg (41.99%), Vitamin B3: 8.23mg (41.16%), Copper: 0.79mg (39.66%), Calcium: 389.99mg (39%), Vitamin B1: 0.58mg (38.83%), Vitamin C: 31.49mg (38.17%), Iron: 6.35mg (35.26%), Zinc: 4.99mg (33.25%), Vitamin B6: 0.59mg (29.6%), Vitamin E: 4.4mg (29.31%), Magnesium: 112mg

(28%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.66µg (4.4%)