



## CHICKEN BREAST TARRAGON

Peggy Tyson Avault

3 whole chicken breast, skinned, deboned and quartered	2 tablespoon chopped onion
salt and freshly ground pepper	¼ cup dry white wine
1/4 cup flour	¼ cup chicken broth
¼ cup butter	1 teaspoon tarragon
	¼ cup heavy cream

Prepare chicken breast, sprinkle with salt and pepper dredge in flour. In large skillet heat butter and add the chicken and brown on both sides. Transfer to platter. Add onion and sauté, add wine and cook on high heat until it is nearly evaporated scraping loose all brown particles. Add flour and stir to make a thick paste. Sprinkle with tarragon and stir in chicken broth. Put chicken in gravy and cook about 25 minutes. Add cream to gravy and cook another 5 minutes. This recipe is easily doubled.

**Note:** This is great with a big pot of steamed rice with toasted pine nuts.

## CHICKEN BREASTS IN SOUR CREAM

Gilda Tyson Massingill

6 split chicken breasts, boned, and skinned	6 slices of bacon
1 jar sliced dried beef	2 cartons sour cream
	2 cans mushroom soup

Take each piece of chicken and wrap around a slice of dried beef and take a slice of bacon and wrap the piece of chicken. Arrange in a buttered baking dish, 9 x 13 inch. Mix the sour cream and soup, stir until well blended. Pour over the chicken pieces and bake at 275 degrees for 2½ or 3 hours. Serve the gravy from the chicken with rice as a side dish. A can of celery soup can be substituted for a can of mushroom soup, or use a can of cream of chicken soup.

**Note:** I always use steamed rice with this recipe. Just before serving toast ½ cup of pine nuts and add to the rice. Excellent

