

Chicken Wellington

I have made Beef Wellington from scratch once. It is a major production. For a number of years, I had to cook for someone, who would not eat anything but white meat chicken. During that period, I came up with this adaption.

For 8 servings:

4 large chicken breasts

1 8 oz package of chicken/mushroom pate (available at TJ)

1 10 oz package of mushrooms

1 small bundle of curly parsley

1 package of frozen puff pastry, defrosted (4 sheets)

Butter

1 egg

- Trim chicken breasts and cut in half, lengthwise.
- Clean mushrooms and chop finely (or shred). Saute in 4 oz of butter, season with fresh cracked pepper. Let cool, and mix with the pate (= duxelles) & chopped fresh parsley.
- Season the chicken with salt & pepper. Sear in butter over medium high heat.
- Cut each puff pastry sheet in half, diagonally. Spoon 1/8 of the duxelles onto each piece, and spread evenly. Place a piece of chicken on each, and fold to cover. Use a little beaten egg to seal the seams.
- Brush each puff pastry with beaten egg, and bake in pre-heated 350°F oven for 25 minutes.

This dish goes well with scalloped potatoes. You can also serve with pre-cooked fingerling potatoes tossed with a little olive oil & fresh parsley. Steamed broccoli makes a nice side dish.