

From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 ½ pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes
- ✓ ½ cup flour
- ✓ 2 tablespoons olive oil, divided
- ✓ 1 ¼ cup white mushrooms, sliced
- ✓ 1 large green bell pepper, diced
- ✓ ¼ teaspoon salt
- ✓ ½ teaspoon freshly ground pepper
- ✓ 1 cup dry Sherry (real Sherry is always best)
- ✓ 1 cup Emeril's organic reduced-sodium chicken broth (or make your own)
- ✓ 1 cup skim milk
- ✓ 1 Tablespoon half & half or heavy cream
- ✓ ¼ cup sliced scallions
- ✓ Paprika (My family wasn't into pimentos, so my mom dashed Paprika on top)
- ✓ Pepperidge Farm Puff Pastry – cooked to their directions

Chicken à la Queen

One of my all time favorite meals growing up was a very 1970s dish called Chicken à la Queen. *Queen, not King, because my mother was a Queen, and she who bakes, names.* It's a total throwback dish for me, one I haven't thought about for ages, but I can't wait to try it again. I managed to find an online recipe similar to my mom's and with her help have amended it accordingly.

Directions

- Toss chicken and flour in a medium bowl until coated.
- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Reserving the remaining flour, add the chicken to the pan and cook, stirring occasionally, until browned. Transfer the chicken to a plate.
- Reduce heat to medium and add the remaining oil to the pan.
- Add mushrooms, bell pepper, salt and pepper, and cook, stirring often, until the mushrooms are softened and starting to brown.
- Pour in sherry; bring to a boil and cook, stirring to scrape up any browned bits.
- Whisk broth and milk into the reserved flour until smooth. Stir the mixture into the pan.
- Bring to a simmer, stirring often.
- If using pimentos, add them now, with the chicken and return to a simmer.
- Reduce heat to maintain a gentle simmer and cook until the vegetables are tender and the chicken is cooked through, ten minutes or so.
- Dish into puff pastry, top with paprika and pop on the lid.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.

