

Chicken a la King

Adapted from The Boston Cooking School Cook Book, Fannie Merritt Farmer 1923

Recipe type: Main dish, chicken

Serves: 2

Time: 20 minutes



Ingredients

- 1 ½ tablespoons chicken fat or butter
- 1 ¾ tablespoons flour
- ½ cup hot chicken stock
- ½ cup scalded milk
- ¼ cup scalded cream
- ½ teaspoon salt
- 2 tablespoons butter
- 1 cup cold boiled chicken, cut in strips
- ½ cup sautéed sliced mushroom caps (sauté the mushroom caps in butter five minutes)
- ½ cup sautéed fresh pepper strips (any color), cut in strips
- Yolk of 1 egg

Directions

1. Melt fat, add flour and stir until well blended.
2. Then, while stirring constantly, gradually pour in hot chicken stock, scalded milk and cream.
3. Bring to the boiling point, and add salt, butter bit by bit, chicken strips, sautéed mushroom slices, and sautéed pepper strips.
4. Again bring to the boiling point, and add egg yolk, slightly beaten.
5. Serve warm.

