Chicken Alfredo

photo by: Gabriela Castillo, AIS Fall 2014

Servings: 4

ALFREDO SAUCE
Ingredients:
1C. Chicken stock
1C. Heavy whipping cream
1C. Shredded Parmesan cheese
2 oz. chopped garlic
4 oz. softened butter
1 oz. white roux (1T. butter & 1T. flour)
Salt & pepper to taste

METHOD
• render garlic in butter until soft; reserve
• bring stock to a boil
• in a separate pan add stock to roux
• whisk thoroughly working out all lumps—should have a very thick consistency
• add cream
• whisk thoroughly working out all lumps—should have a very thick-thin consistency
• allow to come to a bubble
• add the reserved garlic-butter mixture
• add cheese slowly allowing to melt cheese before adding more
• cheese would thicken sauce more
• whisk thoroughly—should have a nappé consistency
• season to taste
• reserve warm for service.

FETTUCCINE
6 oz. dry fettuccine pasta
1/3 gallon of water
1/2 cup olive oil

METHOD
• bring water to a boil
• add fettuccine to boiling water
• cook until all dente
• strain fettuccine
• toss fettuccine in oil
• reserve warm for service

ASPARAGUS (optional)
1/2 lb asparagus
1/4 stick of butter
2C. Water
Salt and pepper to taste

METHOD
• bring salted water to a boil
• add asparagus to boiling water
• cook for 5-7 mins
• blanch asparagus in ice cold water
• melt butter in pan
• sauté asparagus in butter
• add salt & pepper to taste
• reserve warm for service

**MUSHROOMS (optional)**
4-6 mushrooms
1/4 stick of butter
Salt & pepper to taste

**METHOD**
• slice mushrooms to about 1/4" thick
• sauté in melted butter
• add salt and pepper to taste

**BREAD (optional)**
1 loaf of French bread
1/4 stick of butter

**METHOD**
• slice bread diagonally about 1" thick
• toast with melted butter

**CHICKEN**
2 chicken breasts
1C. Flour
1/2C. Oil
1/2 stick of butter

**METHOD**
• pound chicken until 1/2" thick
• coat chicken in flour
• sauté chicken in melted butter and oil
• add salt & pepper to taste

**READY TO SERVE:**
Toss fettuccine, Alfredo sauce, mushrooms, asparagus & sliced chicken together and enjoy!

*p.s. the picture above of the chicken alfredo was made by me.*