

PRESIDENT ABRAHAM LINCOLN

CHICKEN FRICASSÉE

6-8
SERVINGS

15 MINS
PREP TIME

30-40 MINS
COOK TIME

INGREDIENTS

- 1 whole chicken (3–4 pounds), cut into 8 pieces, skin removed
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon freshly grated nutmeg
- ¼ teaspoon ground mace
- 2 teaspoons fresh marjoram (or ½ teaspoon dried)
- 1½ cups half and half, cream, or milk
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- ¼ cup thinly sliced ham, for serving (optional)
- Warm biscuits (optional)

INSTRUCTIONS

1. Combine the salt, pepper, nutmeg, mace, and marjoram, and rub the mixture into the chicken pieces.

2. Arrange the chicken in a large skillet with a lid. Pour the cream over the top and turn the pieces to coat.

3. Bring to a gentle bubble over medium heat, then reduce to low, cover, and simmer until the chicken is fork–tender, about 30 minutes. Remove to a platter and keep warm.

4. Mash together the butter and flour into a smooth paste, then whisk it gradually into the simmering liquid left in the skillet. Cook over medium heat, stirring, until the sauce thickens into a silky gravy.

CHICKEN FRICASSÉE



INSTRUCTIONS (CONTINUED)

5. Return the chicken to the pan and spoon the sauce over it to reheat.

6. Serve with thinly sliced ham arranged around the platter and warm biscuits on the side—just as Lincoln was said to prefer.

NUTRITION PER SERVING (6 SERVINGS)

Calories 147 • Total Fat 11g • Saturated Fat 6g • Sodium 47mg •
Total Carbohydrates 4g • Dietary Fiber 0g • Added Sugars 0g • Protein 9g

DIETITIAN'S NOTE

To make this a complete meal, pair with sautéed veggies and a source of carbohydrates like sweet potatoes or rice. Opt for low-fat or skim milk instead of half and half to reduce the saturated fat.

Adapted from: 31 Daily