

Chicken Tetrazzini

1 Pint Heavy Cream
1 package of Chicken strips or 3 or 4 Chicken breasts
1 package of pasta
½ stick of Butter
½ cup Freshly Grated Parmesan (user real Parmesan, not the green can)
1 cup Milk
¼ cup diced Onion (optional)
¼ cup diced Mushrooms (optional)
1 Tbsp of all-purpose flour
1 Tbsp of Black Pepper
½ tsp Crushed Red Cayenne Pepper
½ tsp of Salt
¼ tsp of Nutmeg
½ cup of White Wine (Optional).

In a saucepan add the Milk, the Cream, the grated Parmesan and about ½ of the Butter. Cook over medium heat until simmering.

In a small skillet, Sauté the Onion and Mushroom using ¼ of Butter you have for a few minutes. Reduce heat to low then add the Cayenne Pepper, Salt, Black Pepper, the Nutmeg and the Flour. Mix thoroughly and add Butter if necessary, do not let the mixture become dry or really clumpy.

Add contents of the sauté pan to the saucepan with the Milk, finishing the sauce. Continue to cook over medium heat for 20 minutes stirring frequently to prevent sticking.

Dice Chicken into cubes and fry in a pan with the remainder of the Butter (or Olive Oil, if you prefer). When the Chicken is done cooking, drain it and toss it into the sauce.

Preheat oven to 375 degrees.

Boil the package of pasta in a large saucepan but only for about half the time required. You want the pasta to be somewhere around half done.

Place the half cooked pasta into a casserole dish. Pour sauce over the pasta. The sauce should almost cover the pasta bed; this prevents the pasta near the top from drying out or burning. Ensure the sauce has permeated the dish; toss the pasta a bit to verify the sauce is not trapped.

Cover the dish and on 375 for about 30 minutes. After about 20 minutes of cooking you can remove the pan and sprinkle Parmesan or Mozzarella over the top then let it cook the last 10 minutes.

Let cool for 5 minutes before serving.