

Abraham Lincoln's Fricassee of Chicken (dredged in Egg Nog) over Brown Sugar Mashed Sweet Potatoes with Poached Granny Smith Apples & Vanilla Butter Gravy

By Chefs Marti & Stormy Mongiello

6 skinless, boneless Chicken Breast Halves

- cut into strips and have 6 Chicken Drumsticks ready also

1 quart, or so, Egg Nog (Jack Daniel's Egg Nog is good) 1 pinch (or more?) of Nutmeg

1 pinch (or more?) of Cinnamon 2 cups all-purpose Flour

2 cups Seasoned Italian Seasoned Breadcrumbs 1 teaspoon Chicken Base dust or Bouillon

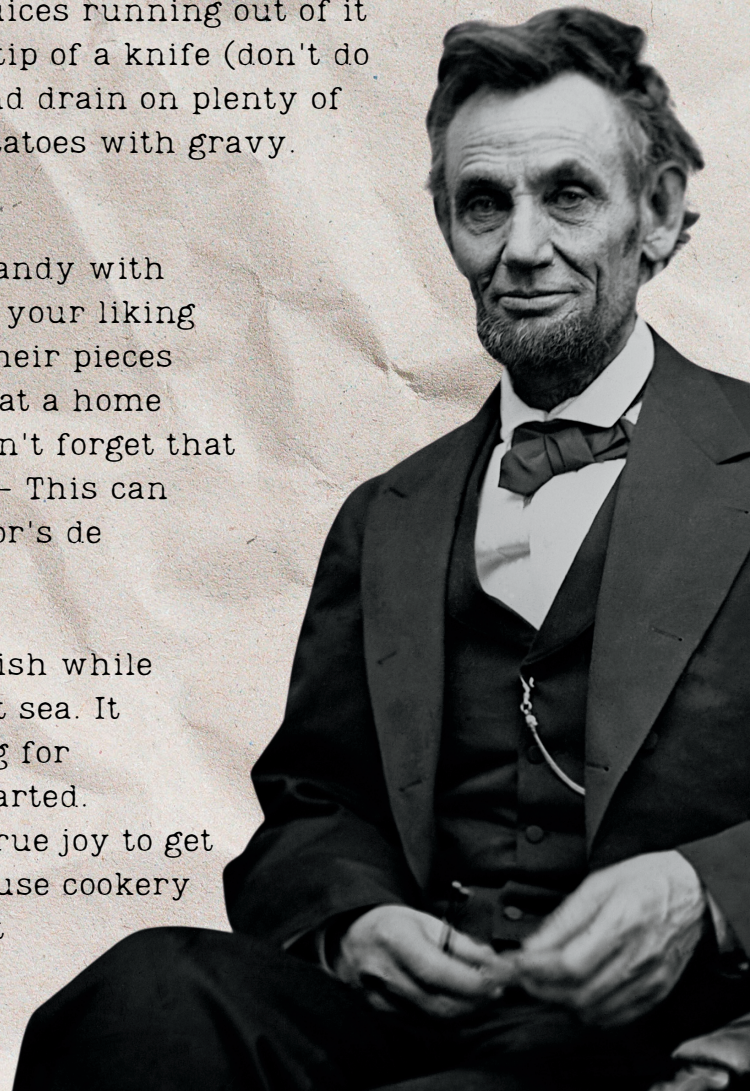
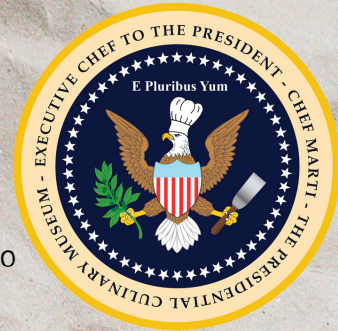
(powdered) 1 teaspoon Baking Powder 2 quarts Oil (more or less) for frying in a shallow pan

In a large bowl, mix the eggnog. Add in chicken pieces. Cover and refrigerate for 2 to 3 hours. Mix the nutmeg, cinnamon, plain flour, Italian bread crumbs, chicken bouillon powder, and baking powder in another large bowl. Remove chicken from refrigerator. One piece at a time, drip, drain, and then coat in a dry mixture. Heat oil in a large pot to 375 degrees F (190 degrees C). This is the few times a year that using a deep frying thermometer helps keep the kitchen safe! Otherwise, it just sits in the drawer all year long. Carefully put chicken pieces into the hot oil using a tong. Fry until golden brown and the juices running out of it are clear. You can always poke the piece with the tip of a knife (don't do that while holding it over the hot oil). Drip-dry and drain on plenty of paper towels. Serve hot over the mashed sweet potatoes with gravy. Garnish with fresh herbs.

For the "wintertime tailgate parties," put some Brandy with Pure Vanilla into a spray bottle and mist pieces to your liking before eating. Some guys and gals like to drench their pieces with a whole bunch of mists! Or get nutty with it at a home party. Keep the spray bottle under control, and don't forget that Abe owned a bar! On the elegant entertaining side - This can also be done with baby-sized chicken pieces for hor's de oeuvres.

I got started making President Lincoln's famous dish while serving food on nuclear submarines for months at sea. It sounded like a great dang idea to dredge in Egg Nog for Christmas one year! And that's how this all got started.

Unlocking recipes in our test kitchen has been a true joy to get them just right - so that folks can enjoy White House cookery and the chance to dine on the Presidents and First Ladies secret dishes!



Poached Apples for the Brown Sugar Mashed Sweet Potatoes: Remove the core, seeds, and stems of 2 apples and cut them into small dice. Place the diced apple in a pot, then add enough liquid (water, apple juice, apple cider, or wine) to cover them. Cover and simmer until the apple pieces are easily pierced with a fork, 5-10 minutes on the stovetop. Cook time varies based on the apple size.

Brown Sugar Mashed Sweet Potatoes: 5 Sweet Potatoes baked at 350 for about 25-30 minutes (until soft enough to stick knife all the way through). T½ Cup of Dark Brown Sugar (or make your own with Sorghum & Sugar/or/Molasses & Sugar 2 sticks of Salted Butter Those diced 2 poached Apples, drained now

Mash Sweet Potatoes with the Butter and Brown Sugar; once blended, fold in poached Apples gently.

Vanilla Butter Gravy: 2 tablespoons Chicken Base or Bullion powder ¼ cup hot Water (from the faucet) OR MAKE CHICKEN STOCK OR purchase a high-quality chicken stock 8 oz Salted Butter ½ cup Half and Half (or so) ½ cup of Plain Flour +- Dash of Italian Seasoning Dash of Garlic Powder 1 teaspoon of really good (and expensive) Vanilla extract

Dissolve Chicken base or bullion in hot water, add butter, and melt over medium heat on the stove; once melted, add half and half, seasonings, and vanilla, then slowly add sifted flour until desired thickness (coats the back of a spoon). Spoon two large spoonfuls of Brown Sugar Mashed Sweet Potatoes on a plate prop 2 pieces of Egg Nog chicken, drizzle with Vanilla Butter Gravy, and garnish with fresh herbs.

