

Mike's Chicken Supreme (a Bishop family favourite)

Pre heat oven to 375F

Take

8 skinless, boneless chicken breasts

Dredge chicken in a mixture of

¼ cup all purpose flour

1 teaspoon salt

Pinch of pepper

In a fry pan, heat till foamy

½ cup butter or margarine

Add floured chicken and brown on both sides.

Flame with

¼ cup warm **cognac**

Remove chicken and arrange in 2 quart casserole dish.

Set this aside till the following is ready to be added:

Stir into the remaining fat in fry pan

1 cup coarsely chopped onion

1 clove garlic, finely chopped

Cook till transparent and then blend in

1 (10 ounce) can sliced mushrooms, undrained

1 cup **dry red wine**

¼ cup chopped parsley

1 bay leaf, crumbled

Heat, stirring in browned bits and then pour over chicken in casserole.

Bake uncovered in pre heated 375F oven for 20 to 25 minutes, or until thoroughly heated.

Makes 4 delicious servings.