



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Chicken-Ham Rolls in Cheese Sauce

2 whole chicken breasts, about 2 pounds

¼ cup butter or margarine

16 thin slices of boiled ham

2 T flour

1 cup milk

1 cup shredded sharp cheddar cheese

⅓ cup dry white wine

Chopped parsley

Remove skin and bones from chicken without tearing meat apart

Sauté in 2 T butter in skillet for 6 minutes on each side or until golden

Cool

Cut each breast into 8 "fingers"

Put one on each ham slice, roll up and arrange in a shallow 2 quart baking dish

Melt remaining margarine in same skillet

Blend in flour

Add milk and cook, stirring until smooth and thickened

Stir in cheese

Remove from heat and add wine

Pour over rolls and bake in preheated 350° oven for 30 minutes

Sprinkle with parsley