

*The McCutchen House*  
C O U N T R Y   C A P T A I N ' S   C H I C K E N

**INGREDIENTS**

2 each        onions, chopped  
2 Tbs.        butter  
2 each        green bell peppers, chopped  
1 Tbs.        curry powder  
1 can (16 oz) whole tomatoes, roughly chopped  
½ cup        chicken broth  
1 Tbs.        parsley, chopped  
½ tspn.       salt  
¼ tspn.       black pepper  
¼ tspn.       ground mace  
1 clove       garlic, minced  
6 each       boneless, skinless chicken breasts  
2 Tbs.       flour  
2 Tbs.       vegetable oil

(Serves 6 guests)

**DIRECTIONS**

In a large saucepan, sauté the onion in the butter until lightly browned, add the bell pepper and continue to cook an additional five minutes.

Stir in the curry and cook for a minute, add the entire contents of the tomatoes, chicken broth, parsley, salt, pepper, mace, and garlic. Bring the sauce to a boil, then reduce to a simmer and cook, covered, for five more minutes.

Flour the chicken breast and shake off any excess. Heat the vegetable oil in a large pan and brown the chicken on both sides. Add the chicken to the tomato mixture and continue to cook, covered, for another thirty minutes, stirring occasionally. If the sauce becomes too thick, water may be added.

Serve immediately over rice.