



# CHICKEN FRICASSÉE

## INGREDIENTS

- A 1.5kg chicken, cut in 4 to 6 pieces plus any leftover chicken bits (e.g. neck)
- 1 tbsp flour plus more to dust the chicken pieces
- 60 g butter (40 g to cook the chicken and 20 g to cook the vegetables)
- 8 to 10 pearl onions (small round onion), halved
- 6 to 8 button mushrooms (quartered)
- 1 carrot, sliced
- 1 bouquet garni (a branch of lemon thyme, bay leaf and parsley stalks rolled in a leek leaf)
- 1 bay leaf
- 100 ml dry white wine
- 100 to 150 ml cream (heavy cream)
- Water to cook the meat
- 1 egg yolk
- Salt and pepper to season
- 1 tbsp chopped parsley to finish

## NOTES

- When reheating the fricassee, exercise caution and bring it to a slow simmer. Avoid boiling, as the egg in the dish may curdle when subjected to high heat.
- Add lemon thyme for a light lemon accent.

# METHOD

1. Warm a large pot or Dutch oven over medium heat with 40 grams of butter. When the butter starts to 'chant', add the chicken to the pot and let it sizzle until lightly colored (about 3 minutes on each side). Cook in batches if needed. When done, set the chicken pieces aside for now.
2. Using the same pot, melt 20 grams of butter over low heat, then add the onions and mushrooms, and cook for a few minutes to release the flavors. Remove from the pot and set aside.
3. Return the chicken pieces to the pot, sprinkle the flour over and mix everything together. Then pour in the wine, add the onions and mushroom along with any leftover chicken bits.
4. Cover with water until it barely covers the chicken then bring to a simmer. As soon as the liquid starts to simmer, add the bouquet garni, bay leaf and carrots.
5. Partly cover the pot with the lid and let the chicken cook for about 40 minutes. After 15 minutes cooking time remove the chicken breasts and reserve them on a plate with a little of the cooking juices, then cover with foil to keep them moist.
6. When cooked, remove the chicken legs from the pot and discard the chicken bits and bouquet garni. Add the legs to the plate with the breasts and let them rest while you make the sauce.
7. To make the sauce, bring the cooking liquid to the boil, then stir in the cream. Wait for the boil to return then let the sauce reduce for 10 minutes to allow the flavours to concentrate and the sauce to thicken.
8. When ready or just before serving, whisk the egg yolk with a few tablespoons of the warm sauce in a bowl. Then with the heat off, add the egg yolk mixture to the pot and stir to bind the sauce. Adjust the seasoning to taste and sprinkle generously with chopped parsley. Return the chicken to the pot and let sit until warm enough to serve.