



CHICKEN IN CREAM BOUCUSE STYLE

INGREDIENTS

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To cook the chicken:

- 1 chicken (about 1.6 kg [3.5 lbs])
- Salt and pepper to season
- Small shallots
- 1 carrot
- 1 clove garlic
- 30 g (1 oz) butter
- 1 bouquet garni
- 250 ml (1 cup) white wine
- 250 ml (1 cup) water (mineral water)

For the sauce

- 400 ml (1 ³/₄ cups) heavy cream
- 2 egg yolks
- Use the chicken cooking juice

MISE EN PLACE

Break down the chicken into 6 pieces, then cut the chicken carcass into pieces and the wings into halves.

Season the chicken with salt and pepper.

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METHOD

In a large cast-iron pot, melt the butter over medium heat, then add the chicken pieces, followed by the carcass pieces, wings, and vegetable garnish (garlic, shallots, carrot, and the bouquet garni).

Leave to cook, stirring from time to time, until the chicken becomes a light golden color.

Add the water and the wine, then leave to cook partially covered for 20 minutes or until the chicken is cooked through.

Once the chicken is cooked, remove the pieces (breast, legs, and thighs) from the pot along with the carrots and shallots and reserve them in a serving dish. Pour a few tablespoons of cooking juices over the chicken and place the serving dish in the oven at 50 degrees Celsius to keep it warm while you make the sauce.

Discard the bouquet garni and add the cream. Boil the sauce for 10 minutes to reduce.

When done, turn off the heat. Mix the egg yolks in a bowl with a little of the warm sauce and pour that mixture back into the sauce. Give it a whisk to bind it. (Note that once the eggs are in, the sauce cannot boil anymore, as the eggs will curdle).

To finish, take the serving dish out of the oven and filter the sauce through a sieve over the chicken, pressing down with a spoon to extract as much sauce as possible. Serve with pilaf rice or as a side with green beans, garden peas, or sautéed spinach.