



# CHICKEN IN TARRAGON SAUCE

## INGREDIENTS

Serves 4 people

- 1 medium chicken, using the breasts and legs cut into 6 pieces
- 100 ml (3.4 fl oz) cognac
- 200 ml (6.8 fl oz) dry white wine
- 200 ml (6.8 fl oz) brown chicken stock
- 200 ml (6.8 fl oz) heavy whipping cream
- 1 carrot cut into medium sized cubes
- 1 stalk celery cut into medium sized cubes
- 1 large shallot cut into medium sized cubes
- 1 bunch of tarragon
- Salt and pepper to season
- 2 tbsp plain flour (to dust the chicken)
- 2 tbsp oil (to sear the chicken)
- 1 tbsp butter (to cook the garnish)

## PROCEDURE

1. Season the chicken with salt and pepper and dust with flour.

2. Remove the leaves from the tarragon stalks, wash and set aside. Retain the stalks and tie them together with some string.

3. Heat the oil in a pot on a medium heat and brown the chicken pieces (skin side first). Brown each side for up to 4-5 minutes and then remove the chicken from the pot and onto a plate.
4. Add the shallots, carrot and celery to the pot with a little butter (or oil if preferred) and sweat the vegetables on a low heat for about 2 minutes, stirring occasionally.
5. Pour in the cognac and deglaze and then reduce to a syrupy consistency. Add the white wine and reduce again for 3 minutes. Taste to ensure that the acidity has been reduced and if it still tastes too acidic, continue to reduce until this is achieved.
6. Put the chicken pieces back into the pot and add the stock which should fill the pot halfway up the chicken. Add the tied bunch of tarragon stalks and ensure they are submerged in the stock. Add some black pepper.
7. Cover the pot and simmer for 10-15 minutes. Remove the chicken breast pieces first leaving the leg pieces to simmer for a further 10 minutes until properly cooked.
8. Whilst the chicken is simmering, heat the cream in a saucepan and add half of the tarragon leaves. Reduce the cream for about 5 minutes on a low heat, and then strain the cream to remove the tarragon.
9. Remove the chicken legs from the pot and set aside with the breasts on a tray covered with foil. Discard the tarragon stalks and increase the heat to high for 3-5 minutes to further reduce the stock.
10. Once reduced, add the strained cream and further reduce on a medium heat until a spoon coating consistency is reached. Stir occasionally to avoid burning at the bottom of the pot.
11. Chop the remaining tarragon leaves and stir into the stock keeping a small amount aside to garnish the dish. Reduce the heat to low and place the chicken pieces back into the pot and heat for 5 minutes with the sauce. Adjust the seasoning to your liking.
12. Serve in a large dish, doused with the sauce and a sprinkle of chopped tarragon.