



POULET SAUTE ALICE

INGREDIENTS

FOR 4 PEOPLE

- 2 chicken breasts
- 2 chicken thighs
- 1 shallot
- 100 g (3.5 oz) button mushrooms
- 40 g (1.4 oz) butter
- 2 tbsp olive oil
- 100 ml (3.5 fl oz) dry white wine (sauvignon blanc, Muscadet or a simple pinot gris)
- 100 ml (3.5 fl oz) brown stock (reduced). Take 200 ml or 300 ml of brown chicken stock and let it boil down to 100 ml.
- 20 ml / 3 tbsp cognac (yes, you need it).
- 100 ml (3.5 fl oz) to 150 ml (5 fl oz) best quality cream (heavy cream)
- Salt and black pepper for seasoning.

Cooking time: chicken thighs take around 25 minutes to be cooked and chicken breasts around 15 minutes. Serve with rice, pasta (tagliatelle) or green beans.

NOTES

- Adding the butter and chicken juices left in the plate used to reserve the chicken back into the pan when making the sauce will bring an explosion of buttery chicken flavours.
- Making your own stock is always best.
- If you want a “wow” factor add a tablespoon of cognac in the sauce just before serving.

PROCEDURE

1. Prepare and measure all of the ingredients and season the chicken with some salt. Warm up the brown stock in a small pan so it is ready before you start cooking. Preheat your oven at 70 °C / 158 °F.
2. Start by heating the butter and 1 tablespoon of the oil in a Dutch oven or skillet over a medium-high heat. When the butter starts to foam, place the chicken pieces skin down in the pan making sure they do not overlap. Leave to cook without touching or turning them for 8 to 10 minutes so they develop a golden-brown color. Then turn each chicken piece over and let them cook for a further 8 minutes. When the chicken pieces are done, place them on a plate and pour over any residual butter left in the pan. Cover with foil and keep warm in the oven at 70 °C (160 °F) while you prepare the mushrooms and the sauce.
3. Pan fry (sauté) the mushrooms over high heat with a tablespoon of oil, salt and pepper. Toss the mushrooms from time to time until they are slightly colored. When the mushrooms are ready place them in a bowl.
4. To make the sauce, place the same pot you used to cook the chicken over high heat and wait for the brown bits at the bottom of the pan (meat juices) to caramelize. Then add the shallots and the mushrooms and leave to cook for a minute or so stirring gently. Add the wine and the cognac and leave to reduce for a few minutes. Pour in the chicken stock and reduce again for around 5 minutes to allow the flavors to concentrate. To finish the sauce, stir in the cream and adjust the seasoning with a pinch or two of black pepper. Your sauce is ready.
5. Now that you have made the sauce, we will use it to finish cooking the chicken. Reduce the heat to medium, take the chicken thighs out of the oven and place them back in the pot with the sauce. Cook for 10 minutes, then add the chicken breasts and continue to cook for a further 5 minutes. Check the consistency of the sauce. If you feel it is a little too thin remove all of the chicken and reduce the sauce on high heat for a few minutes. Your poulet sauté Alice is ready to serve.
6. To serve, place the chicken on individual plates or in a dish and cover with the sauce. Decorate with a handful of sauté mushrooms and a sprinkle of chopped parsley.