

Chicken Fricassee

By Sunnycovechef.com

I have prepared this dish many times. And I have to say, the secret is in the sauce. I boil the chicken with veggies to make a homemade broth. Usually, I do this a day before. When I was cooking the dish for my friends, I prepared a large casserole and put a sheet of puff pastry on the top. Then I baked it in the oven following the instructions on the puff pastry package. I have also made it with a homemade cream cheese crust in individual serving dishes. If you use a crust, make sure you have plenty of sauce because the dish tends to dry out while baking. That happened to me

Ingredients:

For the chicken broth:

2 small whole chickens
2 carrots
2-3 celery stalks (with leaves)
1 onion (with peel)
1 leek (or clean dark leek leaves)
A handful of parsley
1 bay leaves
1-2 tsp of salt
1 tsp garlic salt
1-2 tsp pepper

The Fricassee:

8 ounces carrots (6 small ones)
6-7 ounces mushrooms
2 lb. green asparagus
4 TBs capers
3 TBs butter
3 TBs flour
4 or more cups chicken broth
1 or more cups of milk
½ cup cream or half and half
1 tsp Worcester sauce
1 tsp. salt
1 tsp. pepper
4 tsp. capers
1-2 TBs fresh lemon juice

Directions:

Cooking the Chicken

Place the chicken pieces or whole chicken in a large pot and add the vegetables. Cover everything with cold water. Bring it to a boil, and skim off the white foam from the top. Reduce the heat and simmer in the covered pot until chicken is cooked through, about 45 minutes. Transfer the chicken to a large bowl and cool. Discard the skin and bones. Cut or pull the meat into 1-inch pieces. Strain the chicken broth and put the cooled broth in the refrigerator.

Preparing the vegetables

Bring a pot of water to a boil, add salt and blanch the carrots for about two minutes until they are al dente. Do the same with the asparagus. You have the choice of blanching the mushrooms or sautéing them in a mixture of butter and olive oil over a medium heat. I have done both and honestly I can't tell the difference.

The sauce and assembling the fricassee

Melt butter in a large sauce pan, add the flour and whisk for two minutes. Make sure you don't brown the roux. Gradually add in the chicken broth, one cup at a time. Before you add another cup, whisk the mixture until totally smooth for a creamy sauce. Add milk, Worcestershire sauce, capers, and let the sauce simmer for 5-10 minutes. Add cream or half and half, salt, pepper, freshly ground nutmeg and lemon juice. Add the chicken and bring it all to a simmer, then add the carrots, mushrooms, and asparagus . Season and serve.

If you want to add a crust, put the fricassee in a buttered oven-proof dish, cover the top with the puff pastry, and follow the instructions on the package. Cut some slits in the pastry and bake the dish until golden brown.

Guten Appetit!

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