

CHICKEN FRICASSEE - FRENCH

F EASY

Last Modified: 02/22/2016

PREP: 35 Min
COOK: 1 Hr 30 Min
STOVETOP

CHICKEN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Whole	Frying Chicken Halves	Halved
1	16 Oz	Bag Pearl Onions (Frozen)	Thawed
3	Tbsp	Unsalted Butter (Softened)	Divided
1	Tbsp	Extra Virgin Olive Oil (EVOO)	
1/2	Cup	Carrots (Peeled)	1/4" Dice
1/3	Cup	Celery	1/4" Dice
8	Oz	Crimini Mushrooms	Quartered
2	Tbsp	All Purpose Flour	
2/3	Cup	Dry White Wine (Chablis)	
4	Cups	Chicken Stock (Swanson)	
2	Large	Egg Yolks (Room Temperature)	
1/4	Cup	Heavy Cream	
3	Tbsp	Fresh Tarragon Leaves	Chopped
2	Tbsp	Lemon Juice	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
3	Tbsp	Fresh Italian Parsley Leaves	Chopped
1	Tied	Bouquet Garni	
CONSISTING OF			
2	Sprigs	Fresh Flat-Leaf Parsley	
2	Sprigs	Fresh Thyme	
1	Whole	Dried Bay Leaf	
1	Length	Butchers Twine / String	

PREPARATION

FACTOID	The French name for this dish is Fricassee de Poulet a' L'Ancienne. A fricassee is halfway between a saute and a stew. A true classic -- with as many variations as there are grandmothers in France -- it relies on humble ingredients and just a single pot. It's the original French comfort food: simmered Chicken with hearty Vegetables in a rich, silky sauce. Monique's Mother made this for dinner for us the weekend we visited her parents home in Lyon (She had made it EVERY Sunday since Monique was a child).
HINTS	Cut-up Chickens are readily available here. However; if you want the dish to look like it does in France, they take a half Chicken. Cut it in half making an equally sized Breast-Wing piece and a Thigh-Leg Piece. They also remove and discard the Wing Tip.
FACTOID	Pearl Onions, while popular and therefore readily available throughout Europe, not quite so over here. They are available as frozen though if you search for them. An extremely sweet Onion that is a close relative of the Leek. They take slightly over 2 years growth to become sweet enough.

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TOOLS	1) Medium Mixing Bowl 2) Dutch Oven
HINTS	Make The Bouquet Garni: Tie together two Sprigs of Fresh Parsley, two Sprigs of fresh Thyme and a whole Bay Leaf with a string so they can be easily found and removed after the cooking process is done.
PREP	DISH 1) Set the Pearl Onions on the countertop to thaw. 2) Cut the Chicken Halves into 2 equal sized pieces: Breast-Wing and Thigh-Leg. Remove and discard the Wing Tip. Pat them dry with paper towels. 3) Dice the Celery and set it aside. Dice the Carrots and add them on top of the Celery. 4) Quarter the Crimini Mushrooms and set them aside. 5) Chop the Tarragon Leaves and set them aside. 6) Chop the Parsley Leaves and set them aside.
1	Season the Chicken on both sides with 1 tablespoon Salt and 1/2 teaspoon Pepper. Preheat a Dutch oven or other large heavy pot over medium-high heat. Add 2 tablespoons of Butter and the Oil to the pot. When the Butter melts and the foam subsides, add half of the Chicken, skin side down, in a single layer; do not crowd the pot. (If the butter begins to blacken, lower the heat.) Fry the Chicken, turning once, until golden brown on both sides, about 10 minutes total, and transfer them to a plate. Repeat
2	Reduce the heat to medium, and add in the Carrots and Celery, scraping up any browned bits with a wooden spoon. Saute, stirring occasionally, until soft and golden brown in places, 8 to 10 minutes. During the last 3 minutes, add in the Pearl Onions.
3	Add in the Mushrooms, and cook, stirring occasionally, until they darken, become glossy, and begin to release liquid, 4 to 5 minutes. Stir in the Flour, and cook until the Flour is absorbed by the Vegetables and is no longer visible, about 1 minute.
4	Add the Wine to the pot, and bring it to a boil, stirring until the liquid just thickens, about 45 seconds. Add in the Stock, and stir.
5	Place the Chicken, skin side up, in a single layer on top of the Vegetables; pour juices that have accumulated on the plate into the pot. Add the Bouquet Garni into the pot. Bring it to a boil, then reduce the heat to a simmer. Cover partially. Cook until internal temperature of thickest part of the Chicken registers 165 degrees, 25 to 30 minutes. Transfer the Chicken to a clean plate. Simmer the liquid, uncovered, until reduced slightly, about 5 minutes. Remove and discard the Bouquet Garni.
6	To make the Liaison (sauce thickener), whisk together the Egg Yolks and Cream in a medium mixing bowl. Whisking constantly, slowly pour 1/2 cup of the hot cooking liquid, 1 tablespoon at a time, into the Liaison to temper it. Stir the tempered Liaison into the pot.
7	Return the Chicken to the pot. Add in the Tarragon, Lemon Juice, and the remaining Butter. Bring it to a simmer. Remove it from the heat and stir gently to combine.
SERVE	Place a piece of Chicken on an individual dinner plate, ladle on some Juice and Vegetables and serve while hot with Crusty Bread on the side.