



Food Fest-Back to Basics

Traditional Chicken Fricassée



Ingredients

For the Chicken Fricassée:

Chicken: 2.4 kg, cut into 4 or 8 pieces*
Flour: 50 g
Chicken Stock: 1 L, white stock

Butter: 80 g
Onion: 120 g, finely chopped*

Traditional Garnish:

Button Mushrooms: 250 g, cleaned and quartered *
Butter: 20 g (for mushrooms)
Lemon: ½, juiced
Baby Onions: 250 g, peeled*
Butter: 20 g (for onions)
Sugar: To taste

For the Sauce Finish:

Cream: 300 ml

Seasoning:

Salt and white pepper, to taste

*Ingredients found at the market (some ingredients are seasonal)

Instructions

Step 1: Prepare the Chicken

1. Cut the chicken into 4 or 8 pieces as preferred.
2. Optionally, start a chicken stock with the bones and trimmings.

Step 2: Prepare the Garnish

1. For the Mushrooms:
 - A. Clean and quarter the mushrooms.
 - B. In a small pot, bring water to a boil with a pinch of salt, lemon juice, and a small amount of butter.
 - C. Add the mushrooms, cover, and cook until tender. Set aside in the cooking liquid.
2. For the Baby Onions:
 - A. Peel, wash, and cook the baby onions in a separate pot with a bit of butter until tender. Set aside.



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Step 3: Start Cooking the Fricassée

1. Season the chicken pieces with salt and pepper.
2. In a straight sauté pan (sautoir), melt a bit of butter over medium heat. Place the chicken pieces skin side down and cook until firm, without browning.
3. Flip the chicken pieces and cook the other side, again avoiding browning.
4. Remove the chicken from the pan. Add the finely chopped onions and sweat until translucent.
5. Sprinkle flour over the onions to make a white roux, cooking gently for a few minutes. Add more butter if needed.
6. Gradually add the chicken stock, stirring to form a smooth sauce.
7. Return the chicken to the pan, skin side down, and cover.
8. Simmer slowly for about 20 minutes, turning the chicken pieces two-thirds of the way through. Adjust seasoning if necessary.

Step 4: Finish the Fricassée

1. Remove the chicken pieces and set aside.
2. Reduce the sauce if needed, then add the cream and let it cook gently for about 10 minutes to reach desired consistency.
3. Adjust seasoning, if necessary, and add the mushrooms and baby onions to the sauce.

Step 5: Serve

1. Arrange the chicken pieces on a serving platter, bones, wing tips, and drumsticks facing inward.
2. Spoon the sauce over the chicken and distribute the mushrooms and baby onions on top.
3. Serve warm.

Chef Notes
