

# Cassolette of chicken stew with vegetables

Recipe for 4



## Description

A cooking technique that is classic french. Often seen with veal, this variation uses chicken as a base.

Notice you will be using another white meat, preferable when cooking by Expansion exactly like the traditional blanquette of veal.

Here we will be adding a concentration cooking technique which makes this a mixte cooking method.

## Ingredients

### Chicken blanquette

- 2 Lb Boneless chicken thigh
- 2 Unit(s) Onion
- 2 Unit(s) Carrot
- 1 Lb Button mushrooms
- 1 Lb Frozen green peas
- 1 Tsp Cloves
- 2 Leaf(ves) Bay leaf
- 1 Tsp Nutmeg
- 5 Sprig(s) Thyme
- 50 Gr Butter
- 50 Gr Flour
- 1 Liter(s) Chicken stock
- 2 Unit(s) Egg yolk
- 100 Ml 35% cooking cream
- 1 Unit(s) Lemon juice
- 8 Sprig(s) Chives
  
- Salt and pepper

## **Preparation**

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

### Preparation

Cut the chicken into cubes.

Peel the onions and carrots. Brush the mushrooms or wipe them with a damp cloth.

Mince the onion and slice the carrots diagonally to roughly 3mm in thickness.

Slice the mushrooms and finely slice the chives. Pluck the thyme leaves.

### Chicken blanquette

In a hot sauce pot with oil, sear the chicken and season with salt. Once seared sprinkle with flour and stir. Add the onions, carrots and mushrooms.

Stir again and then add the chicken broth, bay leaves, cloves, nutmeg and thyme. Let simmer for 15-20 minutes. Add the sweet peas.

In a mixing bowl, whisk together the egg yolks, cream and lemon juice. Add a ladle of hot chicken stock to the mixing bowl and mix well to combine. Pour this mixture into the original sauce pot and stir well. Taste and season accordingly.

Once the sauce is sufficiently thick, transfer to the individual serving ramequins.

### Plating

Sprinkle with sliced chives before serving and make sure to serve nice and hot!

**Bon appétit!**