

Chicken Stroganoff, paprika, mushrooms and red peppers, egg pasta and green onion pasta - Virtual Workshop Version

Recipe for 2

Description

A classic Russian recipe, can be used with beef instead of chicken.

Note

15% country cream can also be used in this recipe.

Choose your favorite pasta, there are no rules !

If your sauce reduced too much, you can always add some of your pasta water too lighten it up a bit.

Ingredients

Chicken Stroganoff

- 2 Unit(s) Chicken breast
- 1 Tsp Paprika
- 1 Unit(s) Yellow onion
- 1 Unit(s) Red pepper
- 125 Gr Button mushrooms
- 1 Tsp Flour
- 250 Ml Chicken stock
- 1 Unit(s) Lemon
- 1 Tbsp Dijon mustard
- 75 Ml 35% cooking cream

- Butter
- Salt and pepper
- Olive oil

Egg Pasta

- 250 Gr Fettucini

- Butter
- Salt and pepper
- Olive oil

Finishing touches

- 0.50 Unit(s) Green onion

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **40 mins**

To prepare before class

Ingredients

Make sure all your ingredients are weighed and ready.

Prepare your chicken stock, keep it warm.

Wipe the mushrooms with a slightly wet cloth.

Butter, olive or canola oil, salt and pepper.

Material

1 cutting board, 1 chef knife, 1 pairing knife

1 strainer, 1 cooking pot

1 wooden spoon, 1 pair of tongs

Prep with the chef

Peel and mince the garlic, cut the pepper in half, empty it, and cut it in strips.

Mince the mushrooms. Press the lemon juice.

Cut the chicken breast in strips. Chisel the green onion, vertically, nice and thin.

Cooking the chicken

In a frying pan, with the olive or canola oil, sauté the chicken strips. Once a nice brown coloration achieved, keep them on a plate.

In the same pan, add the oil, sauté the onion with a good pinch of salt, once slightly caramelized, add the mushrooms.

Mix well, once nice and hot, add the pepper strips, the mustard and the chicken strips, mix well.

Sauté for a couple seconds, sprinkle with flour and paprika, mix again, this is called singing.

Add the chicken stock, let cook and reduce a bit, then add the cream, add pepper and salt if needed. Bring to a boil then turn down the heat.

If the sauce is reducing nicely, put a lid on it and keep it hot until serving time.

Cooking the pasta

Bring to a boil a large cooking pot full of salted water. (10% of salt)

Cook the pasta for the time needed, until desired cooking.

Strain them and keep a bit of the cooking water for our sauce if needed.

Dressing the plate

In a plate of your choice, put your pasta first, sprinkle with a bit of olive oil.

Put on top the Stroganoff chicken, and cover with your beautiful sauce and garnish.

Finish the the green onion whistles.

Bon appétit!