

Chicken thigh stew, white grape and wine sauce, roasted garlic potato purée, roasted carrots

Recipe for 4

Description

In the spirit of a veal blanquette, here is a traditional french dish made with chicken. A rich and creamy garlic potato purée to accompany.

The chicken is cooked in a rich white wine, mustard seed and raisin sauce accompaneid by roasted rainbow carrots.

Ingredients

White wine chicken

- 12 Unit(s) Boneless chicken thigh
- 1 Large White onion
- 3 Tbsp Flour
- 200 Ml White wine
- 2 Tbsp Dijon mustard
- 1 Liter(s) Chicken stock
- 50 Ml 35% cooking cream
- 3 Sprig(s) Flat parsley
- 0.50 Grapes White grapes

- Butter
- Salt and pepper
- Olive oil

Mashed potatoes

- 350 Gr Yukon gold potatoes
- 200 Ml Milk
- 6 Clove(s) Garlic
- 50 Gr Butter
- 0.25 Tsp Nutmeg

- Butter
- Salt and pepper
- Olive oil

Roasted carrots

- 6 Unit(s) Garden carrot
- 0.50 Head(s) Garlic
- 2 Sprig(s) Thyme

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **420 F°**

Preparation

Peel the onion and mince. Prepare the chicken stock and keep warm. Pluck the leaves from the parsley.

Peel the potatoes and cut into cubes. Peel and crush the garlic, transfer to a sheet of aluminum foil, drizzle with olive oil and close the aluminum pouch. Transfer to the oven for 15 minutes.

Peel the carrots and cut in 2 lengthwise (or more depending on the size of the carrots).

Cut the head of garlic in 2 across its width.

Remove the skin from the grapes, and put aside.

Chicken

In a hot pot with oil, sweat the onions without caramelizing. Season with salt. Add the chicken and cook until they have a nice golden coloration.

Remove the excess fat from the pot and then sprinkle the chicken with flour trying to coat it all evenly. Mix well. Add the mustard and cook for 1 minute while stirring. Add the white wine and increase the heat. Reduce the liquid by half.

Add the chicken stock and cook in the oven for 15-20 minutes.

When reheating the dish before serving, add the peeled grapes.

If you wish, you can add a little bit of cooking cream to add some richness to the sauce.

Season to taste with salt and pepper once done.

Potatoes

Transfer the potato cubes to a pot of salted cold water. Bring to a boil. Cook until you can easily pass a knife through the potatoes. Strain.

Pass the cooked potatoes and roasted garlic through your vegetable mill. Transfer this mix back to the pot and on low heat, add the milk, butter and season with salt pepper and nutmeg.

Roasted carrots

In a mixing bowl, combine all the ingredients with a good amount of oil, salt and pepper.

Transfer to a baking sheet and place in the oven for roughly 20 minutes making sure not to over cook them. You want to keep a slight crunch.

Plating

On a flat plate, place a nice dollop of the roasted garlic potatoes in the center. Make a well with the back of a spoon. In the center of the well, place a generous helping of the chicken with the sauce.

Garnish with the carrots slightly to the side. Finish the plate with a few nice parsley leaves here and there.

Bon appétit!