

Vol-au-vent, fricassee of poultry with mushrooms and bacond, onions, carrots and zucchini |

Recipe for 4 portions

Description

Puff Pastry filled with a mushroom ragout, creamy sauce with Maille mustard and chablis. Lots of love, lots of calories, but a whole lot of taste!

Note

The coloration of the chicken is primordial, here, as it is for any recipe!

Ingredients

Sautéd mushrooms

- 150 Gr Button mushrooms
- 75 Gr French shallot
- 2 Clove(s) Garlic
- 2 Sprig(s) Thyme
- 100 Ml White wine
- 100 Ml Cream 35%
- 1 Tbsp Dijon mustard
- 50 Gr Bacon

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Chicken thighs

- 500 Gr Boneless chicken thigh
- 100 Gr Frozen pearl onions
- 3 Sprig(s) Thyme

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your at **400 F°**

Preparation

Crispy puff pastry bites

- 0.50 Leaf(ves) Puff pastry

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Garnishes

- 200 Gr Zucchini
- 150 Gr Carrot

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Cut the mushrooms in quarters. Finely cut the French shallot. Chop the thyme and garlic.

Puff pastry

With round cookie cutters of different sizes, cut puff pastry leave in circles. Place the larger circles on baking pan covered with parchment paper, and top it with a smaller circle you have removed the center for a vol-au-vent pastry shape. Bake in the oven for 15 to 20 minutes. Pastry should have a nice golden color when out of the oven.

Mushroom ragout

In a hot pan, drizzle a little olive oil with a nut of butter and cook the shallots and mushrooms at high temperature. Season with salt and pepper. Add the thinly chopped thyme and keep on cooking for a few minutes, until all is goldened. Add in the chopped garlic, continue cooking for about a minute, then deglaze with the white wine. Let it reduce in half. Stir in the cream and the mustard with chablis and black truffle, then let it simmer for 3 to 4 minutes until the sauce thickens.

Chicken thighs

In a hot cast iron pan with vegetable oil, on high heat, colour vigorously the chicken on all its sides. Add the potatoes.

Throw everything on a cooking plate and finish the cooking for 10mins give or take.

Add in the mushrooms and blend everything together.

Montage

Put the mushroom ragout at the center of the vol-au-vent and garnish with the sauce around it.

Bon appétit!