

Chicken Fricassee

- 1 whole (5 pound) chicken
- 1 medium onion, diced
- 1 carrot, shredded
- 1 to 2 leeks, chopped
- fresh parsley
- 5 to 6 peppercorns
- 1 bay leaf
- 1/2 teaspoon salt
- [chicken broth](#) ^[1] or water
- 3 tablespoons butter
- flour
- 2 egg yolks
- 1/4 cup heavy cream
- lemon juice to taste
- optional: sliced mushroom caps, sauteed in butter for 7 to 8 minutes

Trim fat and clean out the inside of the chicken. Rinse the chicken, inside and out, with cold water. Split the chicken into separate pieces (2 thighs, 2 drumsticks, 2 wings, 2 breasts).

Place the chicken pieces, onion, carrot, leek, parsley, peppercorns, bay leaf and salt in a large narrow pot with a cover.

Pour enough chicken broth or water into the pot to cover the ingredients.

Bring to a boil, and then simmer slowly over medium heat about 10 minutes, skimming fat from the top as it forms.

When foam no longer appears, lower heat and cover pot, simmering for about 75 to 90 minutes (until the largest pieces of chicken are tender enough to fall from the bone).

Remove the chicken to a separate plate. Strain the soup through a sieve and discard the veggies.

Return 3 to 4 cups of soup to the pot. Skim fat from the surface, and keep simmering over low heat.

Meanwhile, in a saucepan melt 3 tablespoons butter over medium heat. Once melted, hot and bubbling, turn the heat to low and whisk in the flour. Once flour is toasted and yellow, but not brown, slowly stir in one cup of the stock. Keep stirring over low heat until thickened, then add to the remainder of the stock.

Salt to taste.

Whisk together the egg yolks and heavy cream. Slowly stir the cream-egg mixture into the sauce, over low heat.

Add lemon juice to taste.

Remove the skin from the reserved chicken, and remove the meat from the bones in large chunks and slices.

If you want to put mushrooms in only part of the dish, now is the time to split the sauce into two separate pots and heat to low.

Place the chicken meat into the sauce, to cook a little bit longer.

Mince some parsley and add it to the sauce, along with any mushrooms. Cook 5 to 10 minutes longer.

Remove the chicken pieces from the pot; ideally onto the top of a starchy side dish. Then pour some sauce over the chicken. Remaining sauce can be served separately.

Serves: 4 to 7 (have a starchy side dish)

Preparation time: 120 to 180 minutes

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