



CHICKEN DIJONNAISE

MISE EN PLACE

- Unwrap your chicken thighs, and dry them well. Allow them to come to room temperature for an hour before your class.
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CHICKEN DIJONNAISE *(serves 4)*

Recipe by KATHRYN JOEL

6-8 chicken thighs, bone in skin on, depending on size

Cooking oil, grapeseed or canola

1 knob of butter

3 shallots, finely chopped

3 cloves garlic, chopped

250 ml white wine

500 ml chicken stock

150 ml whipping cream

1-2 tbsp Dijon mustard (to taste)

Tarragon and / or Italian flat-leaf parsley

Lemon juice, to taste

Salt and pepper

To serve: rice pilaf and buttered green beans, or vegetable of choice

- Dry the chicken thighs well with paper towel, and allow them to come to room temperature for an hour before cooking.
- In a wide skillet, heat about 3 tbsp of cooking oil until shimmering (the amount of oil will depend on the width of your pan). Meanwhile season the chicken with salt and pepper.
- Brown the chicken thighs skin side down until the skins are nicely browned and crisp, then turn and sear on the other side for a minute or so. Remove to a plate.

- Reduce the heat to medium and pour off any excess oil and chicken fat, then add the knob of butter then the shallots with a pinch of salt and cook, stirring, until the shallots are softened, just a few minutes.
- Add the garlic and cook just until fragrant then turn up the heat to high and add the wine to deglaze, scraping up any caramelized goodness into the sauce.
- Reduce the wine by about three quarters, then add the chicken stock. Bring up to a boil then reduce by half.
- Add the cream and reduce then season gently with salt and pepper, remembering that you will continue to reduce the sauce so don't overseason at this point.
- Return the chicken thighs to the pan, then braise at a simmer in the sauce for 20 minutes or so, until they reach an internal temperature of 175 F.
- Once the chicken is cooked remove from the sauce and set aside while you reduce the sauce to spoon coating consistency.
- Finish the sauce with the Dijon mustard and tarragon, season to taste with salt, pepper and lemon juice, then return the chicken to the sauce and serve.

Rice Pilaf (*serves 6*)

2 cups long grain white rice

3 cups chicken stock

½ medium onion, finely chopped

salt or to taste

- In a pan with a tight fitting lid, melt the butter and oil together over a medium heat, then add the onion and sweat until softened, about 5 to 8 minutes.
- Add the rice, stirring to coat with the onion, butter and oil then add the chicken stock, season with salt and bring up to a boil.
- Reduce the heat then stir and cover the pot and cook at a low heat for about 15 to 17 minutes, until the rice is cooked and the stock absorbed.
- Keep the lid on the pot and leave the rice to steam for another 10 minutes, off the heat.
- Season to taste and serve.

Buttered Green Beans

Green beans

Butter

Salt to taste

- Cook the beans in plenty of well salted rapidly boiling water, just until al dente.
- Meanwhile prepare an ice bath, and once the beans are al dente drain them and refresh in the ice water.
- Once the beans are cold, drain them and dry them well.
- To serve, melt some butter in a sauté pan, then warm the beans in the butter, seasoning with salt to taste.

EQUIPMENT

Wide skillet with high sides deep enough for braising chicken

Pot with tight fitting lid for rice

Pot for cooking beans

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

CHICKEN STOCK

4 raw chicken carcasses (use necks and backs, wings etc)

2 carrots, peeled and roughly chopped into 2 inch pieces

2 sticks celery, roughly chopped into 2 inch pieces

1 leek, roughly chopped into 2 inch pieces

1 onion, quartered

handful of parsley stalks

handful of fresh thyme sprigs

8-10 black peppercorns

1 bay leaf

- Remove the skin and the tail (the pope's nose) from the chicken carcasses.
- Place the bones in a stock pot or other large pot and cover with water by 2".
- Bring to the boil, then pour off the boiling water to remove all of the impurities.
- Add the vegetables, herbs and spices and fresh water to cover by several inches.
- Bring up to a very gently simmer – your stock should be barely bubbling.
- Simmer for 4-6 hours or overnight, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.
- Stock will keep in your fridge for about a week, or freeze it in containers.

* You can reduce your stock to a concentrate for freezing. To use, rehydrate with water to its original volume.