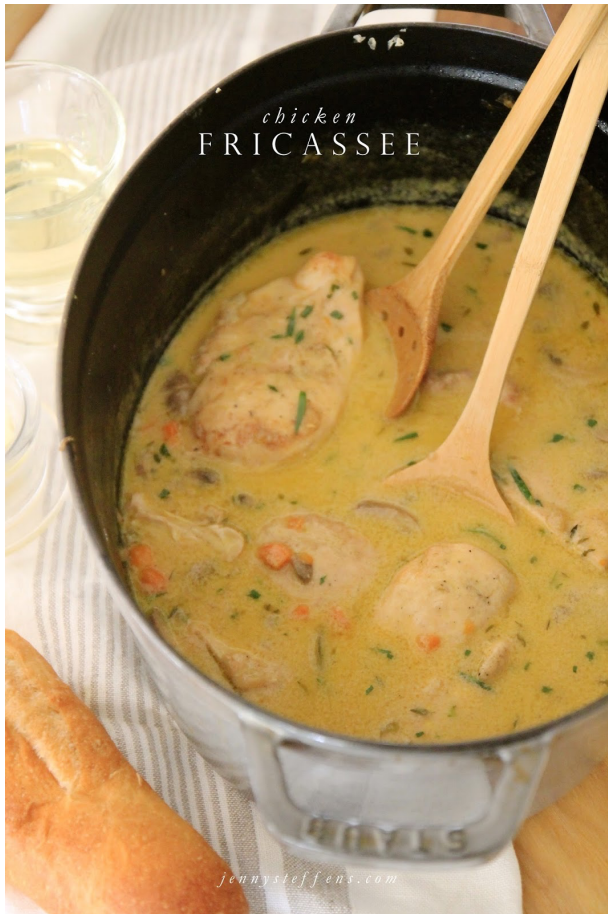


Chicken Fricassee

With Mushrooms, Carrots & Tarragon



4 chicken breasts
4 chicken thighs
sea salt & black pepper
3 tablespoons of butter
2 tablespoons of olive oil

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1 small onion, diced
2 carrots, diced
1 rib of celery, dice
8 oz. of mushrooms, sliced
2 tablespoons of flour
1 cup of white wine
3 cups of chicken stock
fresh thyme
bay leaf
1/2 cup of cream
2 egg yolks

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2 tablespoons of lemon juice
fresh tarragon

Serving suggestions :

Rice, French Bread or Mashed Potatoes

Pat chicken with paper towel. Season generously with salt and pepper. Melt butter in a heavy dutch oven. Add oil and brown chicken for 4 minutes on each side. Remove chicken from pan and set aside. Cook onions, carrot, celery and mushrooms in the same pot until almost soft. Sprinkle with flour and cook for another minute until flour is absorbed. Pour in white wine and cook for another minute, stirring.

Add chicken stock, thyme and bay leaf. In a small bowl, mix cream and egg yolks. Add a small amount of the hot stew mixture to the cream and yolks, stirring constantly. Your goal is to slowly warm the eggs so they don't scramble. Once warmed (after about 2 cups of stew mixture is added), pour into the stew pot with vegetables and simmer for 15-20 minutes, until the mixture reduces and thickens. Add chicken back into the stew. Keep simmering until chicken is cooked through.

Keep warm on low simmer or in the oven (about 250) until ready to serve. Before serving, add lemon, 1 tablespoon of butter and fresh tarragon. Serve with rice, french bread, or mashed potatoes.