



LE COQ

Bresse Chicken

COOKING METHOD

INGREDIENTS

- Bresse Chicken
- Mushrooms
- Butter
- Medeira
- Crème fraîche
- Shallots
- Taragon
- Sea Salt
- Pepper
- Flour
- Paris Mash
- Mixed leaf salad

METHOD

- Heat in pan over high heat, put 5 teaspoons of vegetable oil and all the chicken pieces in the pan and let them cook for 12 minutes, uncovered.
- After 12 minutes cooking, remove the pieces of breast and let the drumsticks & thighs cook 13 minutes more.
- Remove the drumsticks and thighs from the pan and add the mushroom creamy sauce and cook for 5 minutes, stirring.
- Return all the chicken pieces to the pan, turn them over and over in sauce to warm up and add fresh tarragon
- Reheat the mash in a pot slow slow heat Or microwave 3mins
- Mix salad with preferred amount of dressing .