

CHICKEN BLANQUETTE WITH RICE

Preparation: 1 hour 20 minutes

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Serves: 6

Difficulty: Medium

INGREDIENTS

For the chicken

1 Free Range Chicken
5 carrots
Half head of garlic
4 celery sticks
2 bay leaves
1.5 L of water
480 g rice

For the sauce

1 L chicken stock
50 g of flour
50 g of butter

EQUIPMENTS

1 roasting tray
1 large stock pot
2 medium stock pots
1 scale
1 chopping board
1 colander

METHOD



Turn the oven at 180 degrees Celsius.

Start preparing the chicken. Separate the wings from the carcass and take the wishbone off.

Add first the wings and then the chicken in a roasting tray. Season inside the chicken with salt. Rub the breasts and legs with some vegetable oil, sprinkle salt on the whole chicken.

Add the garlic.

Roast the chicken for 40-45 minutes.

When cooked, leave the chicken to rest in the roasting tray for 10 minutes. Then, start picking the meat off the bone by separating the legs and breasts from the carcass with a knife.

When done, put the chicken carcass, bone legs, wings in a large stock pot with the roasted garlic, chopped celery sticks and bay leaves. Don't forget to **DEGLAZE** the roasting tray with a bit of water to use the **SUC**. Cover the carcass with 1.5 L of water.



Steam the chicken stock for 45 minutes. Drain the carcass and leave it on the side for 10 minutes.

Meanwhile, in a medium stock pot, start making a **ROUX** with the butter and flour. Finish the **VELOUTÉ** by adding gradually the chicken stock. You should get a creamy sauce. Season with salt, pepper, nutmeg.



Peel the carrots and cut them roughly a centimetre long. Cook the carrots in a salty water. Keep them crunchy. Start cooking the rice in a salty boiling water. Follow the cooking time advised on the pack. Drain the carrots and add them in the velouté. Then, add the picked chicken and stir a couple of times carefully without breaking the carrots. Leave it steaming for five minutes by making sure than the sauce doesn't catch on the bottom of the pan. Drain the rice and add a knob of butter. Season with salt if needed.

Take a plate, add first the rice and then the chicken. Make sure that you have enough sauce on the plate!



NOTES

This recipe is only one out of many. I have attached a couple of pictures below showing a recipe using mushrooms.

You can use tagliatelle instead of rice.

I have used a few technical words in this recipe. I highlighted them in **BLUE**. Please find the definition of them below:

DEGLAZE means to remove and dissolve browned food residue from a roasting tray or pan to flavour sauces.

SUC means brown bits stick in a pan after cooking/roasting something into it.

A ROUX is generally flour and butter cooked together to thicken sauces.

VELOUTÉ means a sauce made from a roux and a light stock.



