



ITEM

Chicken with Chanterelle Mushroom Velouté en crouste

PORTIONS:
4 portions

INGREDIENTS

4 pieces puff pastry sheets
2 oz bread flour
2 eggs, beaten for egg wash
4 chicken legs boneless
1/2 tsp kosher salt
1/2 tsp white pepper
2 tbsp butter
3 tbsp olive oil
1 medium onion diced
2 cloves garlic, finely chopped
1/2 lb chanterelle mushrooms, sliced
3 sprig fresh thyme, chopped
1/2 cup white wine
2 packages Gluten Free velouté (Campbell's brand)
3 sprigs flat leaf parsley, chopped

METHOD:

1. Preheat the oven to 400° F
2. Using some bread flour for dusting, roll out the puff pastry to 1/2 inch thickness. Cut the puff pastry into triangles. And place on a parchment lined baking sheet
3. Brush with the egg-wash and bake in a preheated oven for 6-7 minutes. Remove and let cool.
4. Season the chicken with salt and white pepper. Heat the butter in a frying pan over medium heat then add the chicken and cook the chicken for 5 minutes, until about half done. Remove and hold in a bowl.
5. In the same pan heat the olive oil over low heat and add the onion and cook for 3 minutes. Add the garlic, continue to cook for 2 minutes on low heat.
6. Add the chanterelles to the pan and continue to cook. Sprinkle the mixture with fresh thyme leaves.
7. Add the wine and cook for about 5 minutes and reduce by half.
8. Add the velouté and bring back to a simmer.
9. Add the chicken and continue to cook for 5 more minutes or until done.
10. Arrange the mixture in a serving dish, and garnish with the cooked puff pastry and chopped flat leaf parsley.