



Chicken Chasseur (Hunter-style Chicken)

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce butter cold
- 4 pound meat from a rotisserie chicken quartered
- 1.5 cups enriched chicken stock
- 4 servings ghee
- 2 ounces cognac
- 5 ounces cremini mushrooms thinly sliced ()
- 2 ounces cooking wine dry white
- 1 teaspoon flat-leaf parsley fresh finely chopped

- 1 teaspoon tarragon leaves fresh finely chopped
- 4 servings salt and pepper
- 1 large shallots fine (dice)
- 0.3 cup tomato concasse diced peeled seeded (, , and tomato)

Equipment

- frying pan
- baking sheet
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Season chicken pieces on both sides with salt and pepper.
- Heat a few tablespoons of clarified butter in a Dutch oven over high heat.
- Place chicken in skin side down and cook until golden brown. Turn the chicken over and brown the other side.
- Remove chicken to a baking sheet and bake in the oven until just cooked through, about 12 to 15 minutes.
- Remove all but 2 tablespoons of the fat from the pan.
- Add the mushrooms, season with salt and pepper, and saute until golden brown.
- Add the shallots and cook for 30 seconds.
- Remove the pan from the heat and add the Cognac and cook until completely reduced.
- Add the wine and cook until completely reduced.
- Add the stock and tomato and bring to a simmer. Cook until the sauce is thick enough to coat the back of a spoon ("nappe") and then swirl in the butter ("monter au beurre"). Once the butter is added, the sauce can not be further reduced because it will break. Season with salt and pepper and stir in the tarragon and chervil.
- Remove the chicken from the oven and let rest for 5 minutes.

- Remove the breastbone from the breast.
- Cut each breast into 2 even pieces on the bias.
- Cut the legs into 2 pieces at the joint and on the bias and remove the thighbones.
- Serve 1 leg piece and 1 breast piece. Make sure only 1 piece contains a bone.
- Serve on hot plates, napped with the sauce.

Nutrition Facts

PROTEIN 30.95%

FAT 64.32%

CARBS 4.73%

Properties

Glycemic Index:62.5, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:20.147391516229%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 619.91kcal (31%), Fat: 40.71g (62.63%), Saturated Fat: 13.95g (87.21%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.18g (2.25%), Sugar: 2.91g (3.23%), Cholesterol: 183.79mg (61.26%), Sodium: 525.01mg (22.83%), Alcohol: 6.19g (100%), Alcohol %: 1.98% (100%), Protein: 44.08g (88.15%), Vitamin B3: 17.71mg (88.55%), Selenium: 42.73µg (61.04%), Vitamin B6: 0.9mg (45.22%), Phosphorus: 399.26mg (39.93%), Vitamin B2: 0.53mg (30.96%), Vitamin B5: 2.55mg (25.54%), Zinc: 3.46mg (23.05%), Potassium: 735.03mg (21%), Copper: 0.35mg (17.42%), Iron: 2.6mg (14.45%), Magnesium: 55.98mg (14%), Vitamin B1: 0.21mg (13.75%), Vitamin B12: 0.72µg (12.04%), Vitamin A: 585.56IU (11.71%), Manganese: 0.18mg (9%), Folate: 31.71µg (7.93%), Vitamin C: 5.72mg (6.94%), Vitamin E: 0.9mg (6.01%), Vitamin K: 5.19µg (4.95%), Calcium: 45.1mg (4.51%), Vitamin D: 0.47µg (3.14%), Fiber: 0.56g (2.25%)