



Chicken Chasseur (Hunter-Style Chicken) with Creamy Polenta with Gruyere and Parmesan

READY IN



190 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons butter cold
- ☐ 4 servings canola oil
- ☐ 4 servings chervil sprigs fresh for garnish
- ☐ 0.5 meat from a rotisserie chicken with wing attached cut into pieces thigh, leg, 1 breast cut in half
- ☐ 1 cups chicken stock see
- ☐ 2 tablespoons cognac
- ☐ 12 cremini mushrooms
- ☐ 0.5 cup cooking wine dry white

- ☐ 4 servings tarragon fresh finely chopped
- ☐ 0.5 cup gruyere cheese grated
- ☐ 0.3 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 5 cups chicken stock see low-sodium
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup quick-cooking polenta
- ☐ 1 large shallots diced finely
- ☐ 2 tablespoons tomato paste

Equipment

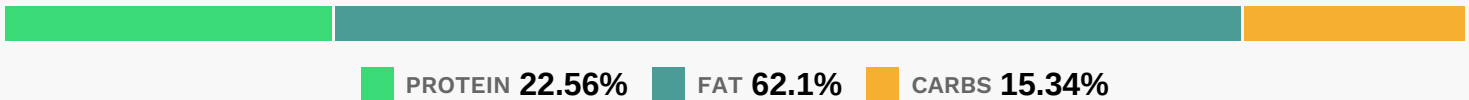
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Heat a few tablespoons of oil in a Dutch oven over high heat.
- ☐ Sprinkle the chicken pieces on both sides with salt and pepper.
- ☐ Place the chicken in skin-side down and cook until golden brown. Turn the chicken over and brown the other side.
- ☐ Remove the chicken to a baking sheet or plate and set aside.
- ☐ Add the mushrooms, season with salt and pepper and saute until golden brown.
- ☐ Remove the mushrooms from the pan.
- ☐ Add a touch more canola oil and add the shallots and cook for 30 seconds.
- ☐ Add 1 tablespoon of the tomato paste and cook for 1 to 2 minutes.
- ☐ Add the white wine and cognac and reduce for 4 to 5 minutes.

- ☐ Add the stock and bring to a boil.
- ☐ Add the mushrooms and nestle the chicken into the sauce, skin-side up. Reduce the heat to a simmer, cover and cook until the chicken is cooked through, about 15 minutes.
- ☐ Once the chicken is cooked, remove it from the pan and put on a plate. Taste the sauce.
- ☐ Add 1 more tablespoon tomato paste and whisk to combine.
- ☐ Add the butter to enrich the sauce. Check the seasoning.
- ☐ Add the tarragon and stir to combine.
- ☐ Serve the sauce with the chicken and some of the Creamy Polenta with Gruyere and Parmesan.
- ☐ Garnish with a couple sprigs of chervil.
- ☐ Add the stock to a medium saucepan and bring to a boil over high heat.
- ☐ Add the polenta in a fine stream, whisking constantly with a wire whisk. Once all the polenta has been added, reduce the heat to low and cover the pan. Stir the mixture, using a wooden spoon, every 5 minutes and continue cooking until all the liquid has been absorbed and the mixture is very creamy, 10 to 15 minutes.
- ☐ Remove from the heat and stir in the heavy cream and cheeses until combined. Taste and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:9.07, Inflammation Score:-8, Nutrition Score:28.644782978555%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 737.06kcal (36.85%), Fat: 49.21g (75.7%), Saturated Fat: 16.51g (103.18%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 24.34g (8.85%), Sugar: 5g (5.56%), Cholesterol: 124.2mg (41.4%), Sodium: 656.74mg (28.55%),

Alcohol: 5.59g (100%), Alcohol %: 1.1% (100%), Protein: 40.23g (80.46%), Vitamin B3: 14.41mg (72.05%), Selenium: 44.08µg (62.97%), Phosphorus: 629.43mg (62.94%), Manganese: 1.17mg (58.63%), Vitamin B2: 0.73mg (42.79%), Calcium: 402.89mg (40.29%), Copper: 0.66mg (33.22%), Potassium: 1080.24mg (30.86%), Vitamin B6: 0.6mg (30.17%), Zinc: 4.2mg (28.02%), Magnesium: 109.69mg (27.42%), Vitamin E: 3.54mg (23.61%), Iron: 3.98mg (22.1%), Vitamin B5: 2.15mg (21.46%), Vitamin B1: 0.28mg (18.63%), Vitamin A: 918.58IU (18.37%), Vitamin B12: 1.09µg (18.23%), Vitamin K: 14.8µg (14.1%), Fiber: 3.01g (12.02%), Folate: 42.31µg (10.58%), Vitamin C: 4.98mg (6.04%), Vitamin D: 0.65µg (4.33%)