



WHATSheATE



## Chicken Fricassee with Parsley Roots and Chanterelle Mushrooms

READY IN



135 min.

SERVINGS



6

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3.5 lbs chicken organic free-range cut into 8 pieces (leave out back and wing tips)
- ☐ 12 ounces crimini mushrooms rinsed trimmed cut into 3/4-in.-wide pieces
- ☐ 750 ml wine dry white
- ☐ 3 large egg yolk
- ☐ 2 tablespoons flour
- ☐ 1 large garlic clove smashed
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 pound leek white green rinsed halved lengthwise thinly sliced

- ☐ 0.5 cups chicken broth reduced-sodium
- ☐ 1 pound parsley (with tops) or small parsnips, stem ends and tips trimmed, roots peeled and cut into 1/2- by 2-in. pieces
- ☐ 4 parsley coarsely chopped (use tops from the roots, if tender)
- ☐ 0.8 tsp pepper divided
- ☐ 1.5 tsp sea salt divided fine
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup butter unsalted

## Equipment

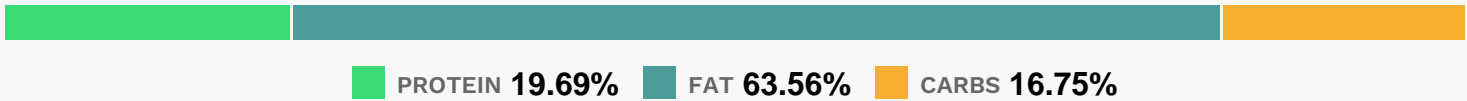
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Season chicken with 1 tsp. salt and 1/2 tsp. pepper. Set aside.
- ☐ Melt 1/2 cup butter in a wide 6-qt. pot or oval 9- by 14-in. dutch oven over medium heat.
- ☐ Add leeks and cook, stirring, 1 minute. Cover, reduce heat to medium-low, and cook leeks until meltingly soft, 10 to 15 minutes. With a slotted spoon, transfer leeks to a bowl. Increase heat under pot to medium-high. Brown chicken in a single layer, turning once, 10 to 14 minutes total.
- ☐ Transfer chicken to a plate.
- ☐ Stir flour into fat in pot and cook 1 minute.
- ☐ Add wine, 1/2 cup broth, the leeks, parsley sprigs, garlic, sugar, and parsley roots. Cover and bring to a simmer over high heat; then reduce heat and simmer until parsley roots are just barely tender, 15 to 20 minutes.

- ☐ Nudge chicken pieces into liquid; add more broth if needed to cover. Simmer, covered, until parsley roots are tender and chicken is cooked through, 15 minutes for white meat (transfer to a plate as done) and 20 minutes for dark. Return to pot.
- ☐ Meanwhile, in a large frying pan over medium heat, cook mushrooms with remaining 2 tbsp. butter, 1/2 tsp. salt, and 1/4 tsp. pepper, stirring often, until tender and browned, 12 to 18 minutes.
- ☐ Add half the chopped parsley, toss to combine, and cook about 30 seconds.
- ☐ Remove from heat.
- ☐ Whisk together egg yolks and crme frache in a small bowl. Set aside.
- ☐ Transfer chicken and parsley roots with a slotted spoon to a warm platter. Cover with foil. Discard parsley sprigs from liquid in pot. Boil liquid over high heat until reduced to 2 cups, 4 to 7 minutes. Reduce heat to low. Spoon some of braising liquid into egg yolk mixture, stir well, then stir mixture into liquid in pot.
- ☐ Heat (but don't boil), stirring, until sauce is just thick enough to coat a spoon, 3 to 4 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Pour into a bowl.
- ☐ Rewarm mushrooms over high heat. Spoon over chicken and garnish with remaining parsley.
- ☐ Serve sauce on the side.
- ☐ \*Find parsley roots at well-stocked grocery stores and farmers' markets.

## Nutrition Facts



## Properties

Glycemic Index:53.02, Glycemic Load:7.09, Inflammation Score:-10, Nutrition Score:40.030869649804%

## Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 164.32mg, Apigenin: 164.32mg, Apigenin: 164.32mg, Apigenin: 164.32mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 11.5mg, Myricetin: 11.5mg, Myricetin: 11.5mg, Myricetin: 11.5mg

11.5mg, Myricetin: 11.5mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 714.84kcal (35.74%), Fat: 44.93g (69.12%), Saturated Fat: 20.75g (129.66%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 22.28g (8.1%), Sugar: 8.46g (9.4%), Cholesterol: 250.14mg (83.38%), Sodium: 755.47mg (32.85%), Alcohol: 13.06g (100%), Alcohol %: 3.09% (100%), Protein: 31.31g (62.63%), Vitamin K: 1291.14µg (1229.66%), Vitamin A: 8750.9IU (175.02%), Vitamin C: 112.81mg (136.74%), Vitamin B3: 12.68mg (63.38%), Selenium: 40.48µg (57.83%), Folate: 205.77µg (51.44%), Iron: 8.48mg (47.11%), Vitamin B6: 0.86mg (43.12%), Phosphorus: 407.21mg (40.72%), Manganese: 0.8mg (40.16%), Vitamin B2: 0.65mg (38.52%), Potassium: 1200.39mg (34.3%), Copper: 0.58mg (29.23%), Vitamin B5: 2.82mg (28.17%), Magnesium: 105.99mg (26.5%), Zinc: 3.65mg (24.36%), Calcium: 217.59mg (21.76%), Vitamin B1: 0.29mg (19.21%), Fiber: 4.36g (17.44%), Vitamin E: 2.5mg (16.66%), Vitamin B12: 0.7µg (11.66%), Vitamin D: 1.37µg (9.14%)