



Chicken la Bresse

READY IN



180 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons basil
- ☐ 1 bay leaf
- ☐ 1 tablespoon brandy
- ☐ 1 tablespoon butter
- ☐ 1 cup button mushrooms
- ☐ 1 medium carrots
- ☐ 2 celery stalks finely sliced
- ☐ 2.5 pound meat from a rotisserie chicken
- ☐ 6.3 cups chicken stock see

- ☐ 4 servings ghee
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 1 egg yolk
- ☐ 1 tablespoon flour sifted
- ☐ 0.3 juice of lemon
- ☐ 12 jumbo shrimp green
- ☐ 1 medium onion sliced in 1/4-inch slices
- ☐ 6 parsley stalks
- ☐ 1 truffle thinly sliced
- ☐ 0.6 cup water
- ☐ 4 servings salt white

Equipment

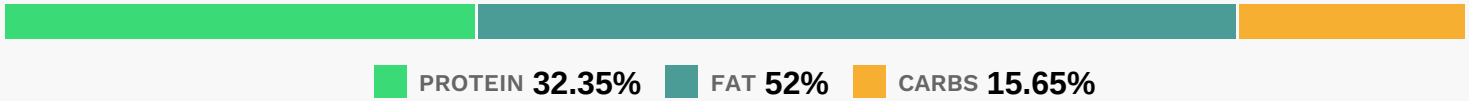
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Cook shrimp in boiling salted water 2 minutes.
- ☐ Drain and cut into scallops.
- ☐ Place some clarified butter in a casserole dish on the heat.
- ☐ Add the onion, carrot and celery.
- ☐ Place the chicken on the bed of vegetables. Cover and allow to steam for 1 minute. In another pan on the heat place some clarified butter, add the mushrooms (vein side up), lemon juice, water and season with salt and pepper. Allow to cook gently 4 minutes. Cover the chicken with the stock and add the basil, parsley stalks and bay leaf. Bring to the boil and then allow the chicken to poach covered for 30 minutes. Melt the butter in the saucepan and then add the flour, forming a roux.

- ☐ Add the liquid from the mushrooms and then strain off 1 cup of the chicken stock and add to roux.
- ☐ Whisk until smooth. Season with salt and pepper. Bring to the boil and then simmer for 10 minutes, whisking from time to time.
- ☐ Add the egg yolk to the sauce and then the cream.
- ☐ Whisk to combine and then add shrimp and mushrooms to sauce with 1 tablespoon brandy.
- ☐ Remove chicken from pot. Slice off thighs at ball and socket joint and then remove the skin. Trim off first leg joint. Detach the whole breast at wishbone. Press down and then lift meat off the rib cage.
- ☐ Cut whole breast in half.
- ☐ Remove skin.
- ☐ Lay chicken on serving dish and coat with sauce. Decorate with slices of truffle.

Nutrition Facts



Properties

Glycemic Index:94.96, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:27.2099999955219%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 578.73kcal (28.94%), Fat: 32.46g (49.93%), Saturated Fat: 10.93g (68.32%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.17g (7.33%), Sugar: 8.52g (9.46%), Cholesterol: 251.83mg (83.94%), Sodium: 1014.12mg (44.09%), Alcohol: 1.25g (100%), Alcohol %: 0.23% (100%), Protein: 45.44g (90.87%), Vitamin B3: 17.44mg (87.22%), Selenium: 51.37µg (73.38%), Vitamin A: 3205.09IU (64.1%), Phosphorus: 509.45mg (50.95%), Vitamin B6: 0.9mg (45.24%), Vitamin B2: 0.65mg (38.28%), Vitamin K: 31.04µg (29.56%), Potassium: 912.58mg (26.07%), Copper: 0.51mg (25.3%), Zinc: 3.28mg (21.84%), Vitamin B5: 2.03mg (20.29%), Vitamin B12: 1.2µg (19.95%), Vitamin B1: 0.29mg (19.56%), Magnesium: 66.44mg (16.61%), Iron: 2.98mg (16.53%), Folate: 64.43µg (16.11%), Vitamin C:

9.61mg (11.65%), Vitamin E: 1.71mg (11.4%), Manganese: 0.22mg (11.05%), Calcium: 89.79mg (8.98%), Fiber: 1.8g (7.21%), Vitamin D: 0.68µg (4.55%)