



Chicken Tetrazzini

READY IN



45 min.

SERVINGS



6

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 peppercorns whole black
- ☐ 2 tablespoons truffle butter
- ☐ 1 carrots thinly sliced
- ☐ 2 rib celery cut into 1-inch pieces
- ☐ 1 pound chicken bones cooked (from 2 chickens)
- ☐ 2 pounds chicken meat cooked (from 2 chickens)
- ☐ 3 tablespoons medium-dry sherry
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 garlic cloves smashed
- ☐ 1 cup heavy cream
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.8 pound mushrooms thinly sliced
- ☐ 1 medium onion coarsely chopped
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 lb pasta like spaghetti
- ☐ 1 turkish or
- ☐ 6 tablespoons butter unsalted

Equipment

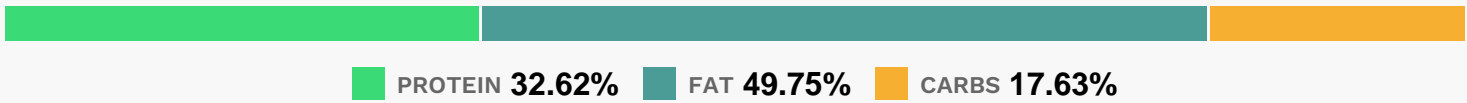
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Bring chicken bones, broth, carrot, onion, celery, garlic, peppercorns, bay leaf, and cloves to a boil in a 3- to 4-quart heavy saucepan, then simmer, partially covered, skimming froth, 30 minutes.
- ☐ Pour stock through a large sieve into a bowl, discarding solids, and return to saucepan. Measure stock: If more than 2 cups, boil until reduced. Keep warm, covered.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter a shallow 3-quart glass or ceramic baking dish.

- ☐ Heat 3 tablespoons butter in a large heavy skillet over moderately high heat until foam subsides, then sauté mushrooms with 1/4 teaspoon salt and 1/8 teaspoon pepper, stirring, until liquid mushrooms give off is evaporated and mushrooms begin to turn golden, about 8 minutes.
- ☐ Melt remaining 3 tablespoons butter in a 2- to 3-quart heavy saucepan over low heat, then add flour and cook roux, whisking, 3 minutes.
- ☐ Add warm stock in a fast stream, whisking constantly, and bring to a boil. Reduce heat and simmer, whisking occasionally, 5 minutes.
- ☐ Add cream, Sherry, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper and simmer over low heat, whisking occasionally, 10 minutes. Stir in truffle butter (if using).
- ☐ Cook spaghetti in a large pot of >boiling salted water until al dente, then drain well.
- ☐ Toss together spaghetti, mushrooms, and half of sauce in a large bowl, then transfer to baking dish. Stir together chicken meat and remaining sauce in same large bowl. Make a depression in spaghetti, then spoon chicken into it and sprinkle dish with cheese.
- ☐ Bake until sauce is bubbling and top is lightly browned, about 30 minutes.
- ☐ Serve immediately.
- ☐ *Available at some specialty foods shops and D'Artagnan (800-327-8246).
- ☐ ·Mushrooms can be sautéed 1 day ahead and chilled, covered. Bring to room temperature before using.·Sauce can be made 1 day ahead and cooled completely, uncovered, then chilled, its surface covered with wax paper.

Nutrition Facts



Properties

Glycemic Index:73.47, Glycemic Load:14.06, Inflammation Score:-9, Nutrition Score:31.30608712072%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 886.76kcal (44.34%), Fat: 48.44g (74.52%), Saturated Fat: 24.62g (153.87%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 36.1g (13.13%), Sugar: 4.93g (5.47%), Cholesterol: 260.72mg (86.91%), Sodium: 600.59mg (26.11%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 71.46g (142.92%), Selenium: 89.32µg (127.59%), Vitamin B3: 23.06mg (115.31%), Phosphorus: 702.99mg (70.3%), Vitamin A: 2909.99IU (58.2%), Vitamin B6: 1.13mg (56.73%), Vitamin B2: 0.77mg (45.05%), Vitamin B5: 3.45mg (34.49%), Zinc: 4.87mg (32.47%), Potassium: 1043.62mg (29.82%), Copper: 0.53mg (26.47%), Manganese: 0.52mg (25.93%), Iron: 4.21mg (23.38%), Magnesium: 86.1mg (21.53%), Calcium: 184.04mg (18.4%), Vitamin B1: 0.27mg (18%), Vitamin B12: 1.03µg (17.22%), Folate: 40.79µg (10.2%), Fiber: 2.51g (10.05%), Vitamin D: 1µg (6.66%), Vitamin E: 0.94mg (6.26%), Vitamin C: 3.72mg (4.5%), Vitamin K: 4.6µg (4.38%)