



Pasta and Chicken Gratin

READY IN



120 min.

SERVINGS



12

CALORIES



1062 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 6 cups bread crumbs fresh white firm fine (from 14 slices sandwich bread)
- ☐ 0.5 cup butter plus additional unsalted for greasing gratin dishes
- ☐ 1 carrots quartered
- ☐ 0.3 teaspoon cayenne
- ☐ 1 rib celery quartered
- ☐ 7 lb chickens
- ☐ 8 oz crème fraîche

- ☐ 0.5 cup flour all-purpose
- ☐ 1 large garlic clove smashed
- ☐ 1 garlic clove minced
- ☐ 6 cups gruyere cheese grated
- ☐ 1 medium onion quartered
- ☐ 1 oz parmigiano-reggiano with a rasp (1 1/4 cups) finely grated
- ☐ 1 lb penne rigate
- ☐ 1 teaspoon salt
- ☐ 2 thyme sprigs fresh
- ☐ 10 cups water cold
- ☐ 3 cups milk whole

Equipment

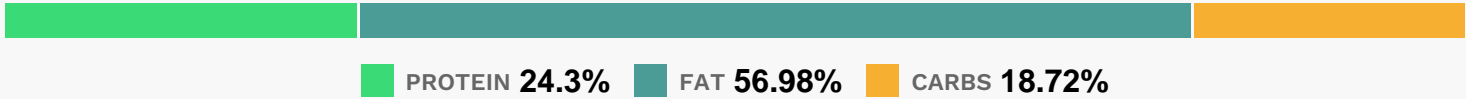
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ ziploc bags
- ☐ tongs
- ☐ colander
- ☐ cutting board

Directions

- ☐ Cut backbones, wing tips, and second joints of wings from chickens, then cut each chicken into quarters. Put backbones, wing tips, second joints, and giblets (except livers) in a 6- to 8-quart pot with water, celery, carrot, onion, garlic, thyme, salt, and peppercorns and bring to a boil.

- ☐ Add chicken quarters and return liquid to a boil, skimming off any foam, then reduce heat and simmer, uncovered, 10 minutes.
- ☐ Remove from heat and let stand, covered, 40 minutes.
- ☐ Transfer chicken quarters with tongs to a shallow baking pan. When chicken is cool enough to handle, remove meat from skin and bones, transferring meat to a cutting board and returning skin and bones to pot.
- ☐ Cut chicken into 1-inch pieces and reserve in a large bowl. Boil stock 40 minutes, then pour through a fine-mesh sieve into a large bowl, discarding solids.
- ☐ Let stand 5 minutes, then skim off fat and set aside 4 cups stock for making sauce. (Reserve remaining stock for another use.)
- ☐ Put oven rack in middle position and preheat oven to 425F. Butter gratin dishes.
- ☐ Heat butter (1 stick) in a 4-quart heavy pot over moderate heat until foam subsides, then add garlic and cook, whisking, 1 minute.
- ☐ Add flour and cook, whisking, 1 minute.
- ☐ Add milk and reserved stock (4 cups) in a slow stream, whisking, then bring to a boil, whisking. Reduce heat and simmer, whisking occasionally, until sauce is slightly thickened, about 10 minutes.
- ☐ Remove from heat and stir in crme frache, salt, pepper, cayenne, 2 cups Gruyre, and 1/2 cup Parmigiano-Reggiano.
- ☐ While sauce simmers, cook pasta in a 6- to 8-quart pot of boiling salted water , uncovered, until not quite al dente, 8 to 10 minutes (pasta should still be firm), then drain in a colander. Return pasta to pot, then add chicken and sauce, tossing to coat. Divide pasta mixture between gratin dishes.
- ☐ Toss bread crumbs with remaining 4 cups Gruyre and 3/4 cup Parmigiano-Reggiano, then sprinkle evenly over pasta mixture.
- ☐ Bake gratins until crumbs are golden brown and sauce is bubbling, 20 to 30 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Cooks' notes: If using rotisserie chickens, pull meat from bones and reserve, then make stock by cooking skin and bones with celery, carrot, onion, garlic, thyme, salt, peppercorns, and 8 cups water 40 minutes total before straining. Chicken can be poached and stock can be made 1 day ahead and cooled completely, uncovered, then chilled separately, covered. Bread crumbs can be made 1 day ahead and kept in a sealed plastic bag at room temperature. Cheeses can be grated 1 day ahead and chilled separately in sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:23.65, Inflammation Score:-10, Nutrition Score:36.273477979328%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 1062.29kcal (53.11%), Fat: 66.55g (102.38%), Saturated Fat: 29.59g (184.96%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 46.92g (17.06%), Sugar: 6.71g (7.45%), Cholesterol: 279.13mg (93.04%), Sodium: 1049.65mg (45.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.87g (127.73%), Selenium: 65.47µg (93.53%), Phosphorus: 920.93mg (92.09%), Calcium: 878.74mg (87.87%), Vitamin B3: 14.67mg (73.35%), Vitamin A: 3601.62IU (72.03%), Vitamin B12: 3.38µg (56.36%), Vitamin B2: 0.75mg (44.2%), Zinc: 6.26mg (41.73%), Vitamin B6: 0.82mg (41.1%), Manganese: 0.64mg (31.89%), Vitamin B5: 2.99mg (29.89%), Vitamin B1: 0.39mg (26.06%), Folate: 102.61µg (25.65%), Magnesium: 102.42mg (25.6%), Iron: 4.38mg (24.31%), Potassium: 703.89mg (20.11%), Copper: 0.33mg (16.45%), Fiber: 2.26g (9.03%), Vitamin C: 6.24mg (7.57%), Vitamin D: 1.08µg (7.19%), Vitamin E: 0.66mg (4.37%), Vitamin K: 4.11µg (3.91%)