



## Pasta and Chicken Gratin

READY IN



240 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 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 425°F. 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 crème fraîche, salt, pepper, cayenne, 2 cups Gruyère, 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 Gruyère 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.
- 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



■ PROTEIN 24.31% ■ FAT 57% ■ CARBS 18.69%

## Properties

Glycemic Index:48.63, Glycemic Load:23.63, Inflammation Score:-10, Nutrition Score:36.238695611124%

## 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: 1061.92kcal (53.1%), Fat: 66.55g (102.38%), Saturated Fat: 29.59g (184.95%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 46.84g (17.03%), Sugar: 6.7g (7.45%), Cholesterol: 279.13mg (93.04%), Sodium: 1049.61mg (45.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.85g (127.7%), Selenium: 65.43µg (93.48%), Phosphorus: 920.55mg (92.06%), Calcium: 878.29mg (87.83%), Vitamin B3: 14.67mg (73.34%), Vitamin A: 3601.59IU (72.03%), Vitamin B12: 3.38µg (56.36%), Vitamin B2: 0.75mg (44.18%), Zinc: 6.26mg (41.71%), Vitamin B6: 0.82mg (40.95%), Manganese: 0.63mg (31.68%), Vitamin B5: 2.99mg (29.88%), Vitamin B1: 0.39mg (26.02%), Folate: 102.61µg (25.65%), Magnesium: 102.36mg (25.59%), Iron: 4.37mg (24.29%), Potassium: 702.89mg (20.08%), Copper: 0.33mg (16.41%), Fiber: 2.25g (9.01%), Vitamin C: 6.16mg (7.47%), Vitamin D: 1.08µg (7.19%), Vitamin E: 0.66mg (4.37%), Vitamin K: 4.11µg (3.91%)