



Menu du Jour

14 Jun 06

Chicken á la king
(Serves four)

Chicken á la king

Culinary historians vary on the origin of this chicken with a pimento cream sauce. Some attribute it to the Delmonico restaurant in the 1880's.

1/4 cup plus 1 tablespoon unsalted butter
2 large shallots, minced (about 3 tablespoons)
6 tablespoons all-purpose flour
1/4 cup dry sherry
4 cups chicken stock, homemade or low-sodium organic
2 tablespoons minced flat-leaf parsley
1 teaspoon fresh thyme leaves
1/4 teaspoon ground cayenne pepper
1/8 teaspoon freshly grated nutmeg
1/2 pound button mushrooms, trimmed and cut into slices
3/4 cup light cream
1 teaspoon coarse kosher salt
1/2 teaspoon freshly ground black pepper
4 cups cubed cooked chicken
1 (15-ounce) can sweet peas
1/4 cup chopped pimentos
1 tablespoon snipped fresh chives

In a large saucepan over medium heat, melt 1/4 cup of the butter, and sauté the shallots until softened, about 4 to 5 minutes. Sprinkle in the flour, and cook, stirring with a wooden spoon for 2 minutes. Whisk in the sherry and chicken stock; bring to a boil while. Add the parsley and thyme sprigs; lower the heat to a simmer. Cook the sauce for 30 minutes, stirring frequently.

Meanwhile, heat the remaining butter in a large skillet over medium-high heat and sauté the mushrooms until golden, about 5 minutes. Season with salt and pepper. Pour the sauce into the mushrooms; season with the salt, pepper, cayenne and nutmeg. Whisk in the cream.

Add the chicken, sweet peas, pimentos and chives to the sauce; bring to a simmer and cook until the chicken is warmed, about 5 minutes. Adjust seasoning with salt and pepper. Ladle the chicken á la king over cooked rice or buttered noodles. Garnish with chopped flat leaf parsley and chives.



Cooking & Presentation



Chicken á la king Over Rice