

Poulet Printanier

Pan-fried chicken breast with asparagus,
fricassée of wild mushrooms, peas and truffle oil.

Prep time: 60 minutes
Cooking time: 40 minutes
Serves: 4

Ingredients

4 Chicken breasts
1/2 Onion
3 Garlic cloves
*80g Button mushrooms
*40g Oyster mushrooms
*40g Shiitake mushrooms
120ml White wine
240ml Double cream
120ml Chicken stock
20ml White truffle oil
60g Asparagus
40g Garden peas
3 Sprigs fresh tarragon
Salt and pepper for seasoning

* Or any mushrooms that you have

Mise en Place

1. Pre-heat oven to 200°C.
2. Finely chop the garlic, onions and tarragon leaves.
3. Wash and slice all the mushrooms.
4. Marinate the chicken with salt, pepper and half of the garlic for an hour.
5. Cut the asparagus into 2 or 3cm pieces and blanch for 30 seconds in boiling water. Remove from the water and refresh in iced cold water.

Poulet Printanier Method

1. Preheat oven to 200°C.
2. Sauté the chicken in a pan to gain a crispy skin. Cook in the oven for further 8 to 10 minutes.
3. Rest for 5 to 10 minutes before serving.
4. Heat the asparagus and peas in the sauce just before serving.



5. Arrange the chicken breast in the centre of a warm main course bowl.
6. Spoon over the sauce and garnish with picked tarragon and drizzle of white truffle oil.

Mushroom Fricassée Method

1. Place a large frying pan onto the heat until smoking hot then add the rapeseed oil.
2. Carefully add the prepared mushrooms and sauté, gaining colour where possible.
3. Add the onions and cook until soft.
4. Add the garlic purée and cook until caramelized, being very careful not to burn.
5. Add the white wine to deglaze all the caramelized flavours from the pan.
6. Add the chicken stock and reduce by a quarter.

Chef's Tip

The perfect dish for warmer months, I would always recommend buying British asparagus if you can - it's fresher and therefore more flavoursome.

To cook, blanch for no more than 20 seconds in seasoned boiling water before plunging into cold water.