

NUTRITION: Lazza's Kitchen Adventure Chicken Chasseur (Hunter's Chicken)

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Chicken Chasseur from scratch

The name is derived from the French word for "hunter" alluding to the traditional pairings with venison, rabbit, and wild fowl, and other game meats.

Traditionally, while returning from the hunt, the hunters would pick the mushrooms that they would subsequently use for their preparation

Chasseur is thought to have been invented by Philippe de Mornay.

Ingredients

- 1 tsp olive oil: 25g butter
- 3 Chicken Breasts (or more chicken legs)
- 1 onion, chopped: 2 garlic cloves, crushed
- 200g pack small button mushrooms
- 225ml red wine
- 2 tbsp tomato purée; Plus some garlic puree
- Parsley: Sage
- 500ml chicken stock

Heat the oil and butter in the pan, and cook the diced chicken till slightly browning.

Remove the chicken and add the onion to cook for around 5 mins (add more butter if needed).

Add two crushed garlic cloves, cook for couple of minutes.

Add the mushrooms (diced if you want) cook for two mins.

Now add the red wine. Great aroma!!!!

Add the tomato puree and garlic puree, let the liquid bubble for around 5 mins.

Put in the parsley and sage, and then pour in the chicken stock.

Add meat back into the dish.

Simmer for around an hour so the meat can become nice and tender.

Now boil again to reduce the sauce and thicken.

I didn't add any salt as I think it would have overpowered.

I also used breast of chicken even though most recipes suggested leg (purely because I prefer breast meat).

I also used parsley and sage, not thyme, for same reason.

Serve as you want.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, meal to prepare.