

GF Friendly

Chicken Chasseur

chicken casserole baked in espagnol sauce

No, we haven't gone cordon bleu, so don't be put off – I just fancied trying this traditional dish and reckon it's worth sharing. The only fiddly bit is the sauce, but you won't need it all (unless you want to double the chicken recipe) and the remainder can be frozen for later.

- 2-3 chicken breast fillets, cut in pieces about 2cm thick, and small enough to sit in the palm of the hand.
- 1 onion, chopped
- 30g mushrooms, skinned and sliced
- 200g canned diced tomatoes
- 2 Tbsps seasoned plain flour
- 1 Tbsp olive oil
- 25g butter
- 150ml (½ this recipe) espagnol sauce ***
- 30ml white wine
- salt and pepper
- chopped parsley (garnish)



***Espagnol sauce:**

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| 3 level Tbsps plain flour | 300ml beef stock | ½ medium onion , chopped fine |
| 1 rasher streaky bacon, rinded and chopped | | 30ml tomato paste |
| 1 small carrot, peeled and chopped | | 4 Tbsps mushrooms, peeled and chopped |
| bouquet garni (or use dried, ground herbs - ½ tsp each: parsley, thyme, bayleaf; ¼ tsp pepper) | | salt and pepper |
| 1 tsp olive oil | 25g butter | 1 Tbsp sherry |

The sauce can be prepared beforehand. Fry the bacon and mushrooms in oil and butter on medium heat for 2 minutes. Add the vegies and toss while heating for 4 minutes, then stir in the flour and continue cooking and turning until lightly browned. Remove from the heat and **gradually** stir in the stock, return to the stove and stir constantly until thickened. Mix in the bouquet garni, tomato paste, salt and pepper, reduce heat and simmer (use a heat diffuser if you have one) for 1 hour, stirring occasionally. Add water if necessary to avoid drying out.

Toss the chicken pieces in the seasoned flour, then fry in the oil and butter until golden brown. Arrange these in a suitable casserole. Fry the onion and mushroom in the same pan for 4-5 minutes until golden. Remove from the heat and stir in the tomatoes. Now, add the sherry to the espagnol sauce and pour **just half** of this onto the onion/mushroom/tomato mixture, plus the wine (I forgot this, which is probably why mine looks a bit dark; but nobody's perfect, and it still tasted good!). Stir well, then pour evenly over the chicken. Cover the casserole and bake in the oven on 165°C fan-forced (180°C conventional) for around 45 minutes to tenderise.

Serves 4 with vegetables or salad

Freezes well, including the leftover sauce

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