



# Hunter's chicken – Chicken chasseur

20'  
Hands on

90'  
Cook Time

6-8  
Portion(s)

2  
Difficulty



## Method

For the chicken

- Preheat oven to 180\* C (350\* F) Fan.
- Remove the spine from the chicken by **cutting** it from one end to the other on both sides. Set aside for the gravy.
- Add the olive oil, salt and pepper to marinate.
- Transfer chicken to a baking pan fitted with a wire rack.
- Roast for 1 hour and 15 minutes.

For the gravy

- Remove the skin from the chicken's spine, cut it into small pieces and transfer to a **pot**.
- Add the wine and water and place pot over medium heat. Simmer for 10 minutes.
- In a **pan**, add the butter and finely chopped onion. Sauté.
- Add the minced garlic, tarragon, thyme and thinly sliced mushrooms. Sauté for 8 minutes.
- When ready, add the balsamic cream and deglaze pan.
- Add the honey and cook over high heat until the gravy thickens.
- Drain the chicken stock from the pot into the pan.
- Add the salt, pepper, and corn starch diluted with water. Stir.

To serve

- Remove chicken from oven and cut into pieces.
- Serve with gravy, sweet potato puree, honey and aromatics.

## Ingredients

For the chicken

- 1 chicken
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) vegetable bouillon powder

For the gravy

- carcass, chicken
- 250 g white wine
- 250 g water, +extra 3 tablespoon
- 100 g butter
- 1 onion, dry
- 1 clove(s) of garlic
- 1 tablespoon(s) tarragon, dry
- 1 tablespoon(s) thyme
- 300 g champignon mushrooms
- 4-5 tablespoon(s) balsamic cream
- 2 tablespoon(s) honey
- 1 tablespoon(s) vegetable bouillon powder
- pepper
- 1 tablespoon(s) corn starch

To serve

- [sweet potato mash](#)
- honey
- herbs

## Διατροφικός πίνακας

Nutrition information per portion

299 Calories (kcal)	17.0 Total Fat (g)	7.1 Saturated Fat (g)	13.0 Total Carbs (g)
15%	24%	36%	5%
9.0 Sugars (g)	22.0 Protein (g)	0.7 Fibre (g)	1.1 Sodium (g)
10%	44%	3%	18%