



Sautéed Chicken with Mushrooms and Asparagus

Medley of Rice and Roasted Garlic

Ingredients

2	Whole chickens	1	Tomato, chopped
10 oz.	Medley of rice	1 cup	Red wine
1 lb.	Medley of mushrooms	2	Red peppers
8-12	Cooked asparagus	3	Eggs
2	Heads of garlic	1/2 cup	Heavy cream
1 large	Carrot	1	Bouquet garni
1 large	Onion	1	Bunch chopped parsley
3	Shallots	1/2 gal.	Chicken stock
	Butter, olive oil		



Nat's notes...

Lots of moving parts here, but a very gratifying result. This is a recipe you will keep in your back pocket when you need a combination of "Wow!" and comfort food.

Make the Sauce

- Take the breast and the leg from the chicken. Sauté the carcass in a large roasting pan until brown.
- Add chopped carrots and onions. After you get a rich brown color, add the red wine, tomatoes, bouquet garni.
- Reduce the wine by three-quarters, add the chicken stock. Reduce slowly.
- Strain the sauce, discard the bones. Salt and pepper to taste.

Make the Garnish

- Sauté the shallots with rice and cover with chicken stock. Cook the rice until done.
- Dice red pepper; set aside.
- Slice mushrooms and sauté with olive oil, keep warm.
- Debone the legs of the chicken and chop in the food processor, add the eggs and heavy cream. Salt and pepper to taste.

Cooking

- Mix some of the mushrooms with the chicken farce.
- Stuff the breast with the farce and add asparagus tips. (You can cut a pocket in the breast or pound it a little, roll it, and then tie with butcher's string before cooking.)
- Thoroughly brown the chicken in a heavy pan. When golden on all sides, transfer to a 375 degree oven for 15 to 18 minutes.
- Soak the garlic in olive oil and then roast the whole heads in tin foil at the same time the chicken is cooking.
- Add the diced red pepper to the rice. Keep warm.
- Finish the sauce with butter. Salt and pepper to taste. Add chopped parsley.

Service

- In the center of the plate, place the rice topped with some mushrooms.
- Slice the chicken and arrange the meat on top; cover with sauce.
- Place some cooked garlic cloves around the plate.



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