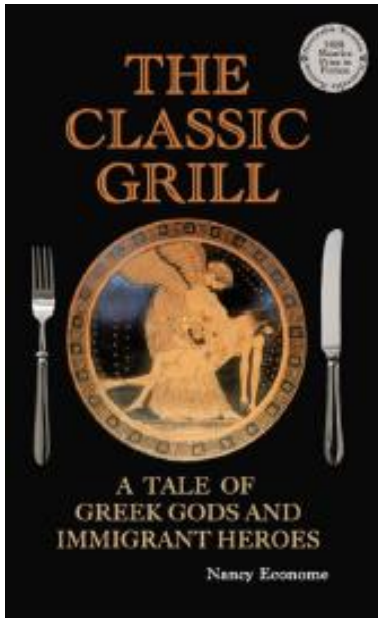


Achilles' Chicken Fricassee

from

The Classic Grill – A Tale of Greek Gods and Immigrant Heroes

Recipe created by Chef Timothy Garrow



2 egg yolks
1 chicken (approx. 4 lbs.)
1 onion (approx. 8 oz.)
2-3 carrots (approx. 4 oz.)
2-3 celery stalks (approx. 4 oz.)
mushrooms (8 oz.)

½ cup flour
kosher salt
freshly ground black pepper
1 Tbsp. butter
1 Tbsp. olive oil
1 cup white wine
fresh thyme
1 cup chicken stock
2-3 parsley stems
1 bay leaf
1 clove

1 Tbsp. caper juice OR 2 tsp. lemon juice and zest
of 1 lemon

½ cup heavy cream
Garnish with parsley, lemon thyme or fresh tarragon

Before you do anything, separate two eggs as you will need two yolks at room temperature at the end of the process. Find a large bowl or container and break down a chicken into wings, thighs, drumsticks then breasts. I take the remaining pieces of the chicken frame and put them in a non-stick pan on low to render the fat out of any remaining material. I use this extra schmaltz to sear the mushrooms later in this recipe. You can use olive oil instead.

Dice an onion, carrots and celery in the size you would like to consume. I prefer a medium dice so that they peek through in the finished product.

Cut the mushrooms (8 oz.) Again, cut them with a thought to how you would like to consume them. (I use mini portobello mushrooms and simply quarter each mushroom.)

After the initial ingredients are prepared, start the process of dredging and browning the chicken. In a large bowl combine the following ingredients:

½ cup flour
kosher salt
freshly ground black pepper

Aggressively season the 8 pieces of chicken with salt and pepper. Toss the chicken and flour together with two forks. After the chicken pieces are fully coated in flour, I use a stainless-steel Dutch oven with a glass lid and I sear half the chicken at a time. Do not crowd the vessel.

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Brown the four chicken pieces with 1 tbsp each of butter and olive oil. Once browned, remove and reserve while browning the remaining four pieces. After these pieces are browned set them aside as well. At this point, the pot will have a ton of great fond in which you will be cooking your *mirepoix*, the veggie mix.

Add the onions first and let them cook on medium until translucent. Add carrots and celery. Cook for five minutes on medium heat. To deglaze, add 1 cup of white wine and scrape the bottom of the pan. The brown goodness on the bottom should give way at this point. Next, I take the remaining pieces of skeleton from which I have been rendering fat and set them aside (to make stock out of tomorrow.) I use this small pan with the remaining fat to sear the mushrooms and toss them with a little fresh thyme. Again, you can use olive oil instead.

The chicken can then be placed into the pot with the mushrooms and a cup of chicken stock. Add the parsley stems, a bay leaf and a clove. Simmer gently on low for 45 minutes to an hour until the chicken is cooked. Check for doneness with meat thermometer reaching 175 degrees on the thigh joint.

Beat the two yolks that were set aside at the beginning with 1 Tbsp. of caper juice. To this mixture, add ½ cup heavy cream. (Lemon juice is more traditional, but I like using caper brine as the acidic element. If you prefer lemon juice, start with 2 tsp. and include the lemon zest.)

This egg/cream mix must now be tempered into the hot stew. Place 1 cup of hot liquid into large bowl. Slowly stream 2 egg yolks into bowl while whisking. Slowly reintroduce contents of bowl into the fricassee. Cook fricassee on low to med/low for a few additional minutes.

Test for salt and acidity. I garnish with parsley and lemon thyme. Tarragon is the traditional garnish. Enjoy with a multitude of sides including roasted asparagus and brown rice.



Photo: Chef Timothy Garrow

Bon appetit!