



Chicken Chasseur Casserole

SKILLS YOU WILL LEARN: How to joint a chicken
How to make a brown sauce

INGREDIENTS for 4 people

- 1 medium chicken
- 1 tbsp oil
- 1 onion
- 1 clove garlic
- 100g mushrooms
- 1 carrot
- 1 can tomatoes
- 1 stock cube
- 1 tsp parsley (In school)
- 1 tsp tarragon (In school)
- 1 tbsp flour (In school)

NUTRITION



*Chicken is a good low fat source of protein.
The sauce contains a good mix of vegetables providing vitamins, minerals and fibre.*

METHOD

1. Pre-heat the oven gas mark 6 / 190°C.
2. Prepare the chicken into jointed pieces:
 - a.) Cut off each wing.
 - b.) Dislocate the hip joint and remove the legs from the carcass.
 - c.) Cut through the knee joint to make 4 separate pieces of leg meat.
 - d.) Cut the whole breast off the carcass and cut into two.
3. Make the sauce. Sweat the diced onion for 5 minutes in the oil.
4. Peel and dice the carrot, add to the onion.
5. Peel and chop the garlic, wash and slice the mushrooms.
6. Make the stock with 300ml boiling water.
7. Add the garlic mushrooms and flour to the onion. Stir. Add the stock and tomato. Bring to the boil.
8. Pour over the chicken pieces in the casserole dish.
9. Cook for 1 hour in a pre-heated oven – gas mark 6 / 190°C.

SAFETY RULES

*Red boards for raw meat
Wash hands after handling raw meat.*

Photo