

Chef from the Hood Recipes



Chef: Mark Dierkhising

Restaurant: Bluewater Bistro

Recipe: Range-fed Chicken with sautéed field mushrooms & deep-fried Leeks!

Ingredients:

1 Rocky or Fulton Valley free-range chicken
(ask meat department to cut chicken into 6 pieces)
salt & pepper
1/4 cup (more or less) all purpose flour
2 leeks, julienned; placed in bowl of water to clean
1 quart vegetable oil
1 pound field mushrooms (fresh Chanterelles from Fiesta/Pacific produce are great right now)
4 ounces (1 stick or 1/4 lb.) Clover sweet butter
2 whole shallots, peeled & chopped
2 cloves of garlic, peeled & chopped
4 tablespoons chopped flat-leaf parsley
4 tablespoons chopped sage
1 pint (16 oz.) chicken stock
(use homemade or choose a good quality)
1 cup (1/2 pint) Clover heavy cream
4 teaspoons Dijon mustard

Recipe serves 4

Preparation:

Salt and pepper chicken, and then lightly flour each piece. Preheat oven to 350°. Heat a few tablespoons of oil in a large frying pan over medium-high heat. Cook chicken, turning it until all sides are golden brown. Move pieces to a large baking pan to finish cooking in the hot oven (40 to 45 minutes). While chicken cooks, make deep-fried leeks and mushrooms. Lift the julienned leeks out of the water bath with your fingers, leaving all traces of dirt to sink to the bottom. Dry leeks on paper towels, then sprinkle with flour. Heat oil in a large pot to 350°. Fry leeks until golden brown, drain on paper towels and set aside. Clean and slice mushrooms. Cut butter into pieces and drop into a large sauté pan to melt. Add shallots and garlic. Sauté a minute or so then add sage and parsley. When shallots are transparent add mushrooms. Continue to sauté for another minute or two. Add stock, cream & mustard. Simmer until pan liquid is reduced by half or more. Taste, adding salt & pepper as needed. Plate chicken with mushrooms, sauce and top with a garnish of fried leeks. Enjoy!