

Poulet Aux Morilles et Sauce au Xérès



Yield: 1 serve | Rating: 5/5 | Prep: 10 min | Cook: 20 min | Other: 2 hr | Source: #ParlezPantry

This dish is from the Besançon region, home to the Bourgogne-Franche-Comté, it is a simple and a very tasty dish, with a rich, but not overly heavy sauce.

Ingredients

For The Morels:

- 30 g morels (soak for at least 2 hours)
- 4 chicken (breasts, skinned)
- 15 g butter (unsalted)
- 250 g mushrooms (button, quartered)
- 120 ml sherry (dry)
- 400 ml cream (double)
- Sea Salt
- Black Pepper

For The Leeks:

- 2 leeks (2cm pieces)
- 200 ml water (boiling)
- Sea Salt
- 15 g butter (unsalted)



Instructions

1. Drain the morels, reserving the soaking liquor, extracting as much as possible. Rinse, drain, squeeze and dry.
2. Cut larger morels into small pieces, set aside. Using muslin cloth sieve any sand or grit from the liquor and save 100ml.
3. Season the breasts with salt and pepper. In a heavy skillet melt the butter over a medium heat until it starts to foam. Add the breasts and colour lightly for 2 to 3 minutes on each side. Remove from the pan and set aside. In the same pan add the morels and button mushrooms for 1 to 2 minutes.
4. Boil the sherry for 30 seconds and add to the mushrooms along with the morel liquor and a pinch of salt. Pour in the cream and bring to a boil.
5. Return the breasts to the pan ensuring the cream covers them. Lower the heat to a gentle simmer for 10 minutes, the size of the breasts may up or drop this time fractionally, you want them just cooked.
6. Place the leeks in a pan and pour on the boiling water, add the butter and season with salt. Cover and boil for 5 to 10 minutes until tender. Use tongs to remove the breasts and place in a warm dish, keep this warm. Boil the sauce rapidly to reduce it thickens enough to coat the back of a spoon. Taste and adjust the seasoning. Return the breasts to the pan for 2 minutes.
7. Serve with a slotted spoon, remove the leeks and serve on a platter or warmed plates. Sit the chicken atop and pour over the morel sauce and around the dish.