

# CHICKEN WITH MORELS, SHERRY WINE SAUCE

## Introduction

To me morels are the very best mushrooms in the world. Now at last one can get them in good supermarkets. A dish that you must cook for your friends; It is a great classic of French cuisine and it comes from my own region. It is not particularly light, but who cares when it is so good! Two other advantages are that it is easy and quick, it can also be prepared half an hour in advance. For this dish I have replaced the Jura wine by a dry sherry and it works very well. To accompany this dish a dry Jura white wine would be perfect, but not always available, a good white Rhone or white Burgundy would compliment this dish very well.

<b>Serves (Yield):</b>	4	<b>Difficulty rating:</b>	●○○
<b>Preparation time:</b>	10 mins	<b>Cooking time:</b>	25 mins
<b>Special equipment:</b>			

**Planning ahead:** soak the morels 1 hour before or overnight

## Ingredients:

1 tbsp	Unsalted butter
4 each)	Chicken breasts, free range/organic, skin off (180g)
4 pinches	Sea salt
25g	Dried morels soaked in 250ml of water for 1 hour
125g quartered	Button mushrooms, very firm, washed quickly,
120ml	Dry sherry, boiled for 30 seconds to remove the
alcohol	
100ml	Morel juice, passed through a fine sieve or muslin, to remove any sand
400ml	Double cream

## For the leeks (optional):

1l	Water, boiling
20g	Sea salt
2	Leeks, medium size, outer leaves removed, washed cut into 2cm pieces
1 tbsp	Unsalted butter

## Method:

Drain the morels and reserve the water. Then wash the morels in plenty of water to remove as much sand as possible. Drain and squeeze excess water from the morels.

Season the chicken breasts with salt and pepper. In a frying pan, melt the butter over a medium heat until it is foaming. Add the chicken breasts, seal and colour lightly for 3 minutes on each side, remove from the pan and reserve.

In the remaining fat, soften the soaked, cleaned morels and button mushrooms, for 1-2 minutes, season with a pinch of salt. Add the boiled sherry, morel juice and double cream; bring to the boil and place the chicken breasts back into the pan. The cream sauce must cover the breasts. Lower the heat to a gentle simmer and cook for 13-15 minutes depending on the size of the chicken breasts (\*1). Remove the chicken breasts from the pan and keep warm.

### **Cooking the leeks**

While the chicken is cooking, bring the water, salt and butter to the boil, add the chopped leeks, cover with a lid and cook on full boil for 5-10 minutes.

### **Finishing the sauce**

On full heat reduce the sauce for 2-3 minutes until it thickens and coats the back of a spoon. Reduce the heat and place the chicken breasts into the sauce to reheat for 2 minutes. Taste, correct the seasoning if required.

### **Serving**

Arrange both chicken and leeks on a dish or plate; spoon the sauce and mushrooms over.

### **Chef's notes**

\*1 It is quite common to eat dry chicken this is a sign that it has been overcooked, the timing here should ensure that your chicken is tender and remains succulent.

### **Nutritional info:**

**Chicken** – a very lean source of protein when the skin is removed; and also essential amino acids which help absorb nutrients into the body.

**Cream** – Fats for energy supply, maintaining body temperature and transporting fat-soluble minerals.

Vitamin A, for tissue growth and bone development.

**Mushrooms** – Vitamin H, for synthesising and oxidation of fatty acids, synthesis in the gut from intestinal bacteria. Also helps utilise proteins.

Vitamin B2, Helps body get energy from food, and promotes healthy skin, eyes, clear vision and tissue respiration.