

Bistro-style Chicken Cream Stew (Chicken Fricassee) with Couscous



<Ingredients (4 serves)>

- 4 chicken thigh (800g)
- 1 Small yellow onion
- 1 Carrot
- 1 Cauliflower
- 1 pack Shimeji mushroom

75cc Cooking cream
30g Butter (salted)
1 Tbsp All purpose plain flour
1 Tbsp Saikyo white Miso paste
2 tsp Sea salt
800ml Water

<Couscous>

240g Couscous
1/4 Red onion
1/2 Tomato
1 Tbsp Extra virgin olive oil
Salt

<Method>

1. Prepare the ingredients for stew

Remove white fat from the chicken and rub the sea salt over. Allow to set aside for 30 minutes.

Yellow onion: dice, Carrot: randomly slice, Cauliflower & Shimeji: cut off the bottom and slice

2. Cook the stew

Put the butter into a stew pan and heat until the butter melt. Add the chicken and cook until all surface is cooked on medium low heat, make sure not to make brown colour. Take the chicken out to a bowl and add the yellow onion, and stir until translucent and sweet taste. Put the chicken and all remaining juice in the bowl back to the stew pan and dust the plain flour over. Stir occasionally until the flour turns into sticky.

Meanwhile pour water into another small stew pan and bring it to the boil. Add the carrot and cook until mostly soft but still crunchy and add the cauliflower, boil until the cauliflower is almost cooked. Take our the vegetables and keep the boiling water for couscous. Set the vegetable aside and allow them to be cooked with remaining heat.

3. Cook the couscous

Put the couscous in a bowl and add the sea salt and olive oil and mix well. Pour 250ml of the hot water that cooked carrot and cauliflower over and cover with any plate. Steam for 15 minutes. Meanwhile dice the red onion and tomato and add to the couscous. Mix well.

4. Simmer the stew

Pour 800ml of water into the stew pan and add the Shimeji mushroom. Bring it to the boil and simmer without a lid removing any scums for 10-15 minutes or until the chicken is soft. Put the carrot and cauliflower back to the stew pan and add the Saikyo white miso paste and mix well. Turn off the heat and allow the miso paste dissolve.

5. Serve

Just before serving, reheat the stew and pour the cooking cream over and remove from the heat immediately, otherwise the cream will separate from the soup. Adjust with sea salt and black pepper if you need. Serve with couscous.