

chicken chasseur recipe delia smith

Chicken chasseur recipe Delia Smith is a classic French dish that has been embraced by home cooks around the world. Known for its robust flavors and comforting ingredients, this dish is perfect for a family gathering or a cozy dinner for two. Delia Smith, a beloved British cook, has made her mark in the culinary world with her easy-to-follow recipes and a focus on quality ingredients. In this article, we will delve into the history of Chicken Chasseur, explore the ingredients needed for Delia Smith's version, and provide a step-by-step guide on how to prepare this delightful dish.

History of Chicken Chasseur

Chicken Chasseur, also known as Hunter's Chicken, is a traditional French dish that dates back to the 19th century. The name 'Chasseur' translates to 'hunter' in French, evoking images of rustic kitchens where hunters would return with their game. The dish typically features chicken cooked in a rich sauce made from tomatoes, mushrooms, and herbs, reflecting the bountiful ingredients found in the French countryside.

The origins of Chicken Chasseur are believed to be linked to the use of game birds, but over time, chicken became the poultry of choice for this recipe. The dish has evolved, incorporating various regional ingredients and adaptations, but it remains a staple in French cuisine.

Delia Smith brings her own twist to this classic dish, making it accessible for home cooks without sacrificing flavor or authenticity.

Ingredients for Delia Smith's Chicken Chasseur

To create a delicious Chicken Chasseur, it's essential to gather the right ingredients. Delia Smith's recipe emphasizes fresh produce and quality meat, which enhances the overall flavor of the dish. Below is a comprehensive list of the ingredients you will need:

For the Chicken

1. 4 chicken thighs and 4 chicken drumsticks - Bone-in pieces are preferred for richer flavor.
2. Salt and pepper - To season the chicken.
3. 2 tablespoons of olive oil - For frying the chicken.

For the Sauce

1. 1 onion - Finely chopped.
2. 2 garlic cloves - Minced.
3. 200 grams of mushrooms - Sliced. Button mushrooms work well, but feel free to experiment with wild varieties.
4. 150 ml of dry white wine - A good quality wine will enhance the flavor.
5. 400 grams of chopped tomatoes - Canned tomatoes are convenient and flavorful.
6. 2 tablespoons of tomato purée - To deepen the sauce's color and flavor.
7. 1 tablespoon of Worcestershire sauce - Adds depth and umami.
8. 1 tablespoon of fresh tarragon - Chopped, or 1 teaspoon dried tarragon.
9. 1 tablespoon of fresh parsley - Chopped, for garnish.

Optional Ingredients

- 1 tablespoon of brandy - For a splash of extra flavor.
- 1 teaspoon of sugar - To balance the acidity of the tomatoes.

Cooking Method for Delia Smith's Chicken Chasseur

Now that you have all the ingredients ready, let's walk through the cooking process step by step. This recipe is straightforward, making it perfect for both novice and experienced cooks.

Step 1: Prepare the Chicken

1. Rinse the chicken pieces under cold water and pat them dry with paper towels.
2. Season the chicken generously with salt and pepper on all sides.

Step 2: Sear the Chicken

1. In a large, deep frying pan, heat the olive oil over medium-high heat.
2. Once the oil is hot, add the chicken pieces skin-side down.
3. Sear the chicken for about 5-7 minutes until the skin is golden brown.
4. Flip the pieces and cook for an additional 5 minutes to brown the other side.
5. Once browned, remove the chicken from the pan and set aside.

Step 3: Sauté the Vegetables

1. In the same pan, add the chopped onion and sauté for 3-4 minutes until softened.
2. Add the minced garlic and sliced mushrooms, cooking for another 5 minutes until the mushrooms are browned and their moisture has evaporated.

Step 4: Deglaze the Pan

1. If using, pour in the brandy and let it simmer for a minute to cook off the alcohol.
2. Pour in the dry white wine, scraping the bottom of the pan to release any flavorful bits stuck to it.
3. Allow the wine to reduce for about 3-4 minutes.

Step 5: Add the Tomatoes and Seasonings

1. Stir in the chopped tomatoes, tomato purée, Worcestershire sauce, and sugar (if using).
2. Bring the mixture to a gentle simmer.

Step 6: Combine Chicken and Sauce

1. Return the seared chicken to the pan, ensuring it is submerged in the sauce.
2. Sprinkle the chopped tarragon over the chicken.
3. Cover the pan and let it simmer on low heat for 40-45 minutes, or until the chicken is cooked through and tender.

Step 7: Finishing Touches

1. Once cooked, check the seasoning of the sauce, adjusting salt and pepper as needed.
2. Remove the pan from heat and let it sit for a few minutes before serving.

Serving Suggestions

Delia Smith's Chicken Chasseur is a versatile dish that pairs well with various sides. Here are some suggestions to complement the rich flavors:

1. Creamy Mashed Potatoes - The smooth texture of mashed potatoes is perfect for soaking up the sauce.
2. Crusty French Bread - Ideal for dipping into the sauce, this is a classic choice.
3. Steamed Seasonal Vegetables - Fresh greens like green beans or broccoli add color and nutrition to the plate.
4. Rice or Couscous - These grains can also absorb the delicious sauce and provide a hearty base.

Variations on Chicken Chasseur

While Delia Smith's recipe is delightful as is, you can personalize it to your taste or dietary preferences. Here are some variations to consider:

- Herb Variations: Experiment with different herbs such as thyme or rosemary for a unique flavor profile.
- Vegetarian Option: Substitute chicken with hearty vegetables like eggplant or zucchini, or use plant-based protein.
- Add Spinach: Stir in some fresh spinach towards the end of cooking for added nutrition and color.
- Spicy Kick: Add a pinch of red pepper flakes for a bit of heat.

Conclusion

In summary, the Chicken Chasseur recipe by Delia Smith is an excellent way to enjoy a dish steeped in history and flavor. This comforting meal showcases the beauty of rustic French cooking, making it perfect for any occasion. With its rich sauce, tender chicken, and aromatic herbs, Chicken Chasseur is sure to impress your family and friends. Whether served on a special occasion or a cozy weeknight dinner, this dish is bound to become a favorite in your home. Don't hesitate to experiment with the recipe and make it your own, discovering the joy of cooking alongside one of Britain's most cherished culinary figures.

Frequently Asked Questions

What are the main ingredients in Delia Smith's chicken chasseur recipe?

The main ingredients include chicken, mushrooms, onions, garlic, white wine, chicken stock, and herbs such as thyme and parsley.

How long does it take to prepare Delia Smith's chicken chasseur?

Preparation time is about 15 minutes, and cooking time is approximately 1 hour.

Is Delia Smith's chicken chasseur recipe suitable for beginners?

Yes, the recipe is straightforward and suitable for beginners, as it involves basic cooking techniques.

What type of wine is recommended in Delia Smith's chicken chasseur?

Delia Smith recommends using a dry white wine to enhance the flavor of the dish.

Can I make Delia Smith's chicken chasseur in advance?

Yes, you can prepare it in advance and reheat it, which allows the flavors to develop even more.

What side dishes pair well with chicken chasseur?

Chicken chasseur pairs well with mashed potatoes, rice, or crusty bread to soak up the sauce.

What is the cooking method for Delia Smith's chicken chasseur?

The chicken is typically browned in a pan, then simmered with the sauce ingredients until cooked through.

Can I use other types of meat in Delia Smith's chasseur recipe?

While the recipe is traditionally made with chicken, you could use rabbit or even mushrooms for a vegetarian version.

How can I make Delia Smith's chicken chasseur healthier?

You can make it healthier by using skinless chicken, reducing the amount of oil, and increasing the vegetable content.

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