

Roulés de poulet farcis a la Duxelle de champignons et accompagnés de sa sauce Madère

Serves 2

Ingredients:

- 1 breast of chicken per person (c150 g)
- 1-2 slices of jambon sec (cured ham) per person

Duxelles:

- 150 g mixed mushrooms per two chicken breasts
- 30 g butter (or 1-2 tbs of oil if dairy free)
- 1 large shallot or onion, or a mix of both
- 2 cloves of garlic
- Good splash of Sherry, Armagnac or Madeira wine (Sherry is traditional!)
- Picked thyme leaves
- Squeeze of lemon juice
- Chopped fresh parsley (optional)

Sauce Madère:

- 1 shallot or white onion
- 3 or 4 peppercorns
- 40 ml white wine vinegar (or vinegar from your pickles – see our pickling recipes!)
- 80 ml Madeira wine
- 120 ml light stock (chicken or veal)
- 25 g chilled butter per person

Method:

Preparing the Duxelles:

Heat the oven to 200C.

The aim is to have a mushroom paste, so very finely chop the shallot, onion and garlic and soften slowly in the butter/oil with the herbs. Add the finely chopped mushrooms and cook out for around 20-25 minutes on a high heat until all of the liquid has evaporated. (If adding

Mushroom Duxelles



Created by 17th-century French chef La Varenne and named after his employer the Marquis d'Uxelles, mushroom Duxelles is an adaptable mixture of finely chopped dried or fresh mushrooms, shallots and herbs sautéed in butter and reduced to a paste. It is a classic "farce" used in sauces and stuffings, notably, Beef Wellington. Once you have mastered its' simplicity the applications are endless as are the variations.... use wild, dried or fresh mushrooms, chicken livers, truffle or truffle oils, bacon lardons.....whatever takes your fancy! Our dish combines simple chicken breasts, stuffed with the classic Duxelle recipe, rolled in fine ham and served with Madeira reduction.

lardons or chicken livers cook these well before deglazing.) If the mixture seems to dry, add more butter (it's France!)

Deglaze with a good splash of Sherry or other liquor and continue cooking until all of the liquid has reduced. Season well and add the chopped parsley. Allow to cool thoroughly. If you are using truffle oil, drizzle over after cooking the mushrooms – be careful it can be overpowering!

Preparing the chicken:

Trim the breasts of sinew and excess fat. To make the pocket for the filling, make an incision in the middle of the widest part of the breast and move the knife through the breast towards the end. Widen the inside pocket with the knife and be careful not to cut through the meat.

Either fill a piping bag and pipe the mixture into the breast – pushing it along with your hand to disperse it evenly through the breast. Alternatively push the mixture off a teaspoon with your finger into the pocket, keep 'poking' in with your finger until it is filled. You want to fill it with about 35-40 g of stuffing if possible and spread it around so that it shows when you cut it through to serve – see our photo. Clean off any pieces of mushroom which have attached themselves to the outside of the breast. Season the breasts on both sides.

To make the roll - lay down a piece of the ham, flatten the breast slightly, roll the thin 'tail' under the breast, season and roll the breast in the ham. Lay out cling film about four times the width of the breast and place the rolled breast on the cling film and roll up.

Hold the cling film strands close to the breast and roll it away from you on the work counter until the filet has become a tight sausage shape. Tie off each of the ends of the roll and leave in the fridge to chill overnight or for about 2 hours in the freezer – this will firm up the fibres in the flesh and result in an even circular shape when cut. The finished rolls can also be frozen for later.

Heat a large frying pan and, when very hot, add a little oil. Continue to seal and brown the meat all over for a few seconds and then place on a baking -tray. The breasts can sit in the fridge until ready for use (this can be done a day before).

Bake for around 12-15 minutes and leave to rest in a warm place, covered, for at least the equivalent cooking time.

Sauce au Madère (see other variations in our sauce notes)

Melt a knob of butter in a small pan, soften the shallot or white onion. Add a bay leaf and the peppercorns. Once the shallot is softened, add the vinegar and reduce by 2/3rds.

Add the Madeira wine and reduce again by 2/3rds.

Add the stock and reduce by 1/2 until you have a syrupy sauce.

Now you have a basic reduction, strain it through a sieve, pushing it through to extract all the flavour from the shallot.

When you are ready to serve simply warm the sauce and whisk in small chunks (1cm) of frozen butter. The amount of butter depends on how much sauce you want - 100g is adequate for 6 people.

Presentation:

While the meat is resting, whisk the butter into the sauce until it is rich, glossy and quite syrupy. Allow a tablespoon or two of sauce per person, so be careful not to boil it all away! Slice the chicken breasts in thick slices at an angle to reveal the stuffing. Drizzle the sauce around the meat - it is quite concentrated so you will need very little.

Notes and variations:

The Duxelles can be varied according to the season and your taste. Use a variety of mushrooms, dried will give a stronger flavour – be sure to keep the soaking liquid and reduce it as you cook the mushrooms to give extra flavour. Try parsley, thyme or rosemary. Bacon lardons and/or apple (great with pork fillets). Chicken liver pate will give you the Duxelles for a Beef Wellington. Chopped walnuts and other seeds or nuts add texture for vegetarians. Leftover Duxelles can be rolled in a cylinder shape and frozen, then used as a canape in a tart shell or on toast. Try the following....

Mushroom Duxelles & onion marmalade tartlets

Using sliced brown or white bread, roll each slice out as thinly as you can with a rolling pin. Cut out 7.5 cm discs using a glass or a cookie cutter. Lightly butter one side of the bread and then push butter side down into a mini tart pan. Add a little onion marmalade, followed by the mushroom Duxelles. Press down and sprinkle some finely grated cheese on top. Bake at 200C for 10-15 minutes until the bread is crisp and golden. Serve hot and enjoy the lacy bits of cheese! *Our onion marmalade recipe is in our Cures and Canapes section.*