

The CHEF EXPLORER'S A TASTE OF EUROPE 4-FRANCE

Well, what can I say; the French were the original Master chefs, although I am sure the Italians would argue with that statement! After all, the Romans settled there long before French regional cuisine developed. Furthermore, way back in the 16th Century a young French Prince married a Florentine Princess in the form of Catherine de Medici, and she brought fifty Italian chefs over to France with her! Catherine's Florentine cooks really were the founders of French Cuisine.

When I was a Chef in College our studies were based on French cuisine and it still is today, when I am now myself, a teacher. From original Roman influence in medieval times the French developed by regions and like most of Europe their cuisine is still very regional. So for my second French dish, I have selected yet another old classic rumoured to be fit for a king! Bon Appetite!

CHICKEN A LA KING (2 PORTIONS)

This is a simplified version I have recently modified when teaching kids cooking classes, but I usually use a whole chicken, simmered in the chicken stock or water to get some real depth of flavour. Then cooled and stripped all the meat off the chicken, discard the bones and dice up flesh as the rest of the recipe.

Ingredients

200g cooked diced Chicken Breast
30g Butter
30g Flour
50g diced Red & Green Peppers
100g sliced Button Mushrooms
200ml Chicken stock
20ml Sherry
20 ml Cream
Chopped Parsley

Method

- 1, Sweat the mushrooms and peppers in the butter, then add the flour to make a Roux.
2. Slowly work in the hot stock, then add the sherry and cream.
3. Add the chicken meat and allow to simmer for 10 minutes.
4. Check the seasoning and add the parsley, saving some for garnish.
5. Serve with Rice Pilaff .