

Sautéed Boneless Breast of Chicken with Mushroom Sauce

PORTIONS: 10 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 4 OZ (125 G), 2 FL OZ (60 ML) SAUCE

| U.S. | METRIC | INGREDIENTS |
|----------|----------|--|
| 2 oz | 60 g | Clarified butter |
| 10 | 10 | Boneless, skinless chicken breasts from 5 chickens, 3½ lb (1.6 kg) each |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| 2 oz | 60 g | Flour for dredging |
| to taste | | |
| to taste | | |

| | | |
|---------|--------|-----------------------------|
| 10 oz | 300 g | White mushrooms, sliced |
| 1 fl oz | 30 mL | Lemon juice |
| 2½ cups | 600 mL | Suprême Sauce (p. 185), hot |

Per serving: Calories, 360; Protein, 36 g; Fat, 20 g (51% cal.); Cholesterol, 145 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

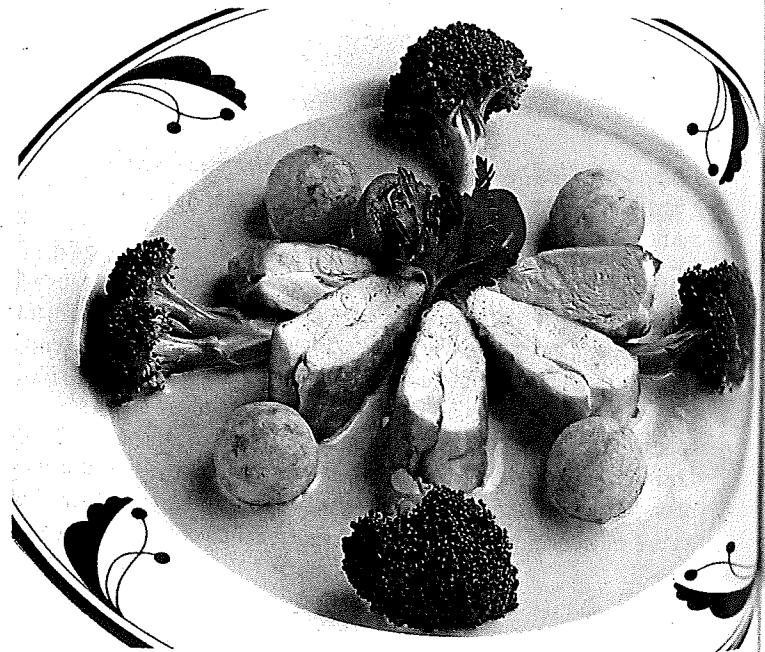
VARIATIONS

Alternative (Quick) Method: Sauté the chicken as in basic recipe. Plate and ladle 2 fl oz (60 mL) prepared Mushroom Sauce (p. 186, made with suprême sauce as a base) over each portion.

Other sauces based on chicken stock may be used in place of mushroom sauce to serve with sautéed chicken breasts, including suprême, aurora, Hungarian, and ivory (p. 186).

PROCEDURE

1. Add enough clarified butter to a sauté pan to just cover the bottom with a thin film. Place on the range over moderate heat.
2. While the pan is heating, season the chicken breasts and dredge in flour. Shake off excess flour.
3. Place the breasts in the hot pan, presentation side (that is, the side that had the skin) down.
4. Sauté over moderate heat until lightly browned and about half cooked. The heat must be regulated so the chicken doesn't brown too fast.
5. Turn the chicken over and complete the cooking.
6. Remove the chicken from the pan and place on hot dinner plates for service. Keep warm.
7. Add the mushrooms to the pan and sauté briefly. After a few seconds, before the mushrooms start to darken, add the lemon juice. Toss the mushrooms in the pan as they sauté.
8. Add the suprême sauce to the pan and simmer a few minutes, or until reduced to the proper consistency. (The juices from the mushrooms will dilute the sauce.)
9. Ladle 2 fl oz (60 mL) sauce over each portion and serve immediately.



Sautéed Chicken Breast with Ivory Sauce, Broccoli, Parisienne Potatoes

Small Sauces

For each of the following sauces, add the ingredients indicated to 1 qt (1 L) *béchamel* sauce. Season to taste.

Cream Sauce

4–8 fl oz (125–250 mL) heavy cream, heated or tempered

Mornay Sauce

4 oz (125 g) grated Gruyère cheese and 2 oz (60 g) parmesan, stirred in until just melted. Finish, off heat, with 2 oz (60 g) raw butter. Thin out with a little hot milk, if necessary, or use a stock or broth appropriate for the dish being prepared.

Mornay Sauce for Glazing or Gratinéing

Finish Mornay Sauce with liaison of 2 egg yolks and 2 fl oz (60 mL) heavy cream.

Cheddar Cheese Sauce

8 oz (250 g) cheddar cheese, ½ tsp (2 mL) dry mustard, 2 tsp (10 mL) Worcestershire sauce

Mustard Sauce

4 oz (125 g) prepared mustard

Soubise Sauce

1 lb (500 g) onions, finely diced, cooked slowly in 2 oz (60 g) butter without browning. Simmer with sauce 15 minutes and force through a fine sieve.

Tomatoed Soubise Sauce

Add 1 pt (500 mL) thick tomato purée to 1 qt (1 L) soubise sauce

Nantua Sauce

6 oz (175 g) Shrimp Butter (p. 194), 4 fl oz (125 mL) heavy cream

(Note: Classic Nantua sauce is made with crayfish, not readily available in many regions.)

Velouté

The three *velouté* sauces are the bases of many variations. Instructions for the small sauces indicate which of the three to use. If more than one is given, the choice depends on what you are serving it with.

Note: In North America, chicken velouté is used much more often than veal velouté. Many of the sauces at one time made with veal stock are now made with chicken stock.



Velouté Sauce (Veal, Chicken, or Fish)



YIELD: 2 QT (2L)

| U. S. | METRIC | INGREDIENTS |
|-----------|-----------|--|
| 4 fl oz | 125 mL | Clarified butter |
| 4 oz | 125 g | White mirepoix, small dice (see Note) |
| 4 oz | 125 g | Flour (see Note) |
| 2½ qt | 2.5 L | White stock (veal, beef, chicken, or fish) |
| | | Sachet d'épices: |
| 1 | 1 | Bay leaf |
| ½ tsp | 2 mL | Dried thyme |
| ½ tsp | 2 mL | Peppercorns |
| 3–4 | 3–4 | Parsley stems |
| as needed | as needed | Salt (see step 7) |
| as needed | as needed | White pepper (see step 7) |

PROCEDURE

1. Review instructions for making and incorporating roux (pp. 174–175).
2. Heat the clarified butter in a heavy saucepot over low heat. Add mirepoix and sweat the vegetables without browning them.
3. Add flour and make a blond roux. Cool roux slightly.
4. Gradually add the stock to the roux, beating constantly. Bring to a boil, stirring constantly. Reduce heat to a simmer.
5. Add the sachet.
6. Simmer the sauce very slowly for 1 hour. Stir occasionally, and skim surface when necessary. Add more stock if needed to adjust consistency.
7. If the velouté is to be used as is, season to taste with salt and white pepper. But if it is to be used as an ingredient in other preparations, do not season velouté.
8. Strain through a china cap lined with cheesecloth. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Per 1 fl oz (29.57 mL): Calories, 30; Protein, 1 g; Fat, 2 g (53% cal.); Cholesterol, 5 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 10 mg.

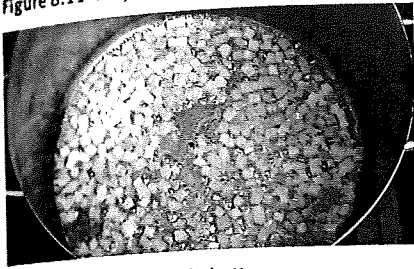
Note: Use a standard white mirepoix, or substitute leeks for the parsnips, as desired.

If you have blond roux on hand, you can use it instead of making roux as part of this procedure. Reduce the clarified butter to 1 fl oz (30 mL). After sweating the mirepoix, add 8 oz (250 g) blond roux.

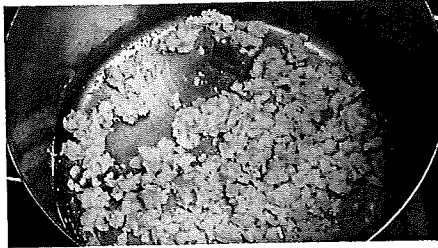
VARIATION

For a quicker, simpler velouté, omit clarified butter, mirepoix, and sachet.

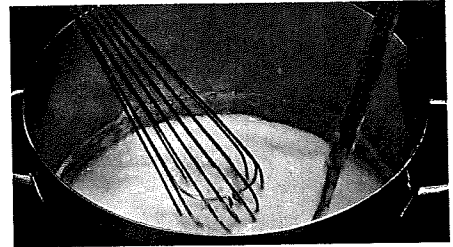
Figure 8.11 Preparing velouté sauce.



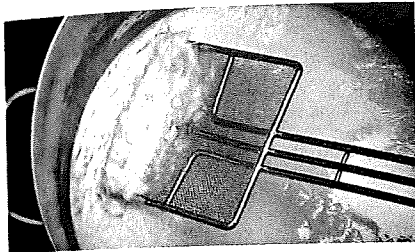
(a) Sweat the mirepoix in butter.



(b) Add the flour and make a blond roux.



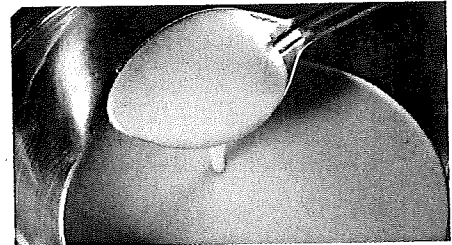
(c) Whip in white stock.



(d) As the sauce simmers, skim the surface regularly.



(e) Strain the finished sauce through a china cap lined with cheesecloth.



(f) Finished velouté sauce.

White Wine Sauce

YIELD: 1 GAL (4 L)

| U.S. | METRIC | INGREDIENTS |
|----------|----------|-------------------|
| 8 fl oz | 250 mL | White wine (dry) |
| 2 qt | 2 L | Fish velouté |
| 8 fl oz | 250 mL | Heavy cream, hot |
| 2 oz | 60 g | Butter, in pieces |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| to taste | to taste | Lemon juice |

Per 1 fl oz (29.57 mL): Calories, 45; Protein, 0 g; Fat, 4 g (85% cal.); Cholesterol, 10 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 30 mg.

PROCEDURE

1. Reduce the wine by half in a saucepan.
2. Add the velouté and simmer until reduced to desired consistency.
3. Slowly stir in the hot (or tempered) cream.
4. Remove from heat and swirl in raw butter pieces.
5. Season to taste with salt, white pepper, and a few drops of lemon juice.
6. Strain through cheesecloth.

VARIATION

Instead of adding hot or tempered heavy cream, make a liaison with 5 egg yolks and 8 fl oz (250 mL) cold heavy cream. Incorporate liaison using the procedure on page 177. Then continue with step 4 in recipe.

Suprême Sauce

YIELD: 2 QT (2 L)

| U.S. | METRIC | INGREDIENTS |
|----------|----------|-------------------|
| 2 qt | 2 L | Chicken velouté |
| 1 pt | 500 mL | Heavy cream |
| 2 oz | 60 g | Butter, in pieces |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |
| to taste | to taste | Lemon juice |

Per 1 fl oz (29.57 mL): Calories, 50; Protein, 1 g; Fat, 5 g (79% cal.); Cholesterol, 20 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 30 mg.

PROCEDURE

1. Place velouté in a saucepan and simmer over moderate heat until reduced by about one-fourth. Stir occasionally.
2. Pour the cream into a stainless-steel bowl and temper it by slowly stirring in a little of the hot sauce. Stir this mixture slowly back into the sauce in the pan and return the sauce just to a simmer.
3. Swirl in raw butter pieces. Season to taste with salt, white pepper, and a few drops of lemon juice.
4. Strain through cheesecloth.

Zucchini Sauté Provençale

PORTIONS: 25 PORTION SIZE: 3½ OZ (100 G)

| U.S. | METRIC | INGREDIENTS |
|----------|----------|----------------------------|
| 6 lb | 2.7 kg | Zucchini |
| 6 fl oz | 175 mL | Olive oil |
| 6 oz | 175 g | Shallots or onions, minced |
| 4–6 | 4–6 | Garlic cloves, chopped |
| to taste | to taste | Chopped parsley |
| to taste | to taste | Salt |
| to taste | to taste | White pepper |

Per serving: Calories, 80; Protein, 1 g; Fat, 7g (72% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber 1 g; Sodium, 5 mg.

PROCEDURE

1. Wash and trim the zucchini. Cut crosswise into thin slices.
2. Heat the oil in two or three sauté pans (or sauté in several batches—do not overload the pans). Add the shallot or onion and the garlic. Sauté until soft but not browned.
3. Add the zucchini and sauté until slightly browned but still somewhat crisp.
4. Add the parsley and toss to mix. Season to taste.

VARIATIONS

Cut the zucchini into other shapes, but keep them small enough to cook quickly. Examples: bâtonnet, julienne, dice, and shredded on a coarse grater.

Shredded Zucchini with Shallots

Shred the zucchini on a coarse grater. Sauté with shallots as in basic recipe, but without browning. Omit the garlic and parsley.

Zucchini with Tomatoes

Sauté as in the basic recipe. When half cooked, add 2½ pt (1.2 L) drained, chopped, canned tomatoes or fresh tomatoes concassé (p. 551). Finish cooking. Season with oregano and basil.

Zucchini with Cream

Shred zucchini on grater. Salt lightly and let stand in a colander 30 minutes. Press out excess liquid. Sauté as in basic recipe, but without browning. Add 2½ cups (600 mL) heavy cream and simmer 2 minutes.

Sautéed Mushrooms

PORTIONS: 25 PORTION SIZE: 3½ OZ (100 G)

| U.S. | METRIC | INGREDIENTS |
|----------|----------|---|
| 6½ lb | 3 kg | Mushrooms, fresh |
| 10 oz | 300 g | Clarified butter or half oil, half butter |
| to taste | to taste | Salt |
| to taste | to taste | Pepper |

Per serving: Calories, 120; Protein, 2 g; Fat, 11 g (80% cal.); Cholesterol, 30 mg; Carbohydrates, 4 g; Fiber, 2 g; Sodium, 115 mg.

Note: If mushrooms must be kept light in color, add lemon juice to the pan with the mushrooms. Use about 1 fl oz (29.57 mL) lemon juice per 1 lb (500 g) mushrooms.

PROCEDURE

1. Rinse the mushrooms quickly and dry them with towels. Trim the bottoms of the stems and slice the mushrooms.
2. Heat two or three sauté pans over high heat (or sauté in several batches—do not overload pans). Add the fat to the pans. Place the mushrooms in the pans and sauté over high heat until browned. Do not overcook, or the mushrooms will shrivel and lose a great deal of moisture.
3. Season with salt and pepper.

VARIATIONS

Garnish with chopped parsley.

Instead of slicing, leave small mushroom caps whole, or cut in halves or quarters.

Creamed Mushrooms

Prepare as in the basic recipe, using lemon juice to keep light color. Combine with 2½ pt (1.2 L) hot cream sauce. Season with a little nutmeg.

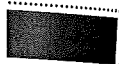
Duxelles

Chop mushrooms very fine. Squeeze out moisture in a towel. Sauté in butter with 3 oz (90 g) minced shallot or onion until dry. Season with salt, pepper, nutmeg. Use in vegetable and meat stuffings. May be moistened with heavy cream or stretched with bread crumbs.

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Rice Pilaf

YIELD: ABOUT 3 LB (1.4 KG) **PORTIONS:** 10
 12
 16 **PORTION SIZE:** 5 OZ (150 G)
 4 OZ (125 G)
 3 OZ (90 G)

| U. S. | METRIC | INGREDIENTS |
|-----------------------|--------------------------|---------------------------------|
| 2 oz | 60 g | Butter |
| 3 oz | 90 g | Onions, fine dice |
| 1 pt (see Note) | 500 mL (see Note) | Long-grain rice |
| 1½–2 pt (see Note) | 750 mL–1 L (see Note) | Chicken stock or water, boiling |
| to taste | to taste | Salt |

Per 5-oz (150-g) serving: Calories, 190; Protein, 4 g; Fat, 5 g (23% cal.); Cholesterol, 15 mg; Carbohydrates, 33 g; Fiber, 1 g; Sodium, 50 mg.

Note: Rice for pilaf is measured by volume rather than by weight. Use 1½–2 times its volume in stock or water (1¾ times is the normal proportion for long-grain rice). For example, use 2 pints liquid per pint of rice (1 L liquid per 0.5 L rice) if you desire a moister product or if you are using parboiled rice. Use 1½ pints (0.75 L) liquid if you desire a drier product and if your cover is tight enough to retain most of the steam.

VARIATIONS

Tomato Pilaf

Prepare as in the basic recipe, using 12–16 oz (375–500 mL) chicken stock and 1½ lb (700 g) chopped tomatoes with juice.

Spanish Rice

Prepare like Tomato Pilaf, but use bacon fat and sauté 6 oz (175 g) diced green bell pepper, 1 crushed garlic clove, and 1 tsp (15 mL) paprika with the onion.

Turkish Pilaf

Sauté ¼ tsp (1 mL) turmeric with the rice. To finished rice, add 4 oz (125 g) tomato concassé or drained, chopped canned tomatoes, 4 oz (125 g) cooked peas, and 4 oz (125 g) raisins (soaked and drained). Let stand 10–15 minutes before serving.

Cracked Wheat Pilaf

Prepare as in the basic recipe, using cracked wheat instead of rice.

Orzo Pilaf

Prepare as in the basic recipe, using orzo (rice-shaped pasta) instead of rice.

Barley Pilaf

Prepare as in the basic recipe, using pearled barley instead of rice. Use 2½ pints (1.25 L) stock and bake 45 minutes. Mushrooms are often added to barley pilaf.

Additions to Rice Pilaf

| | |
|--------------------------|----------------------------|
| Pimiento | Spinach, chopped |
| Chopped nuts | Mushrooms |
| Celery, diced | Olives, chopped or sliced |
| Carrot, diced or grated | Ham, diced or cut julienne |
| Scallions | Raisins or currants |
| Peas | Water chestnuts |
| Green bell pepper, diced | Bacon |

PROCEDURE

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake 18–20 minutes, or until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3–5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.