



# Bresse Chicken, Mushrooms, Paris Mash

## Ingredients

2 tablespoons olive oil	600g mixed mushrooms
1 Bresse chicken or Barossa free-range chicken, size 16 and cut ready to be sautéed (ask your butcher to do this for you)	(200g each of shiitake, Swiss brown and oyster)
1 small bunch thyme	1 medium bunch flat-leaf parsley, roughly chopped
1 head of garlic, cut in half	sea salt
4 shallots, peeled, finely diced	freshly ground black pepper
250g unsalted butter	<b>Paris Mash</b>
100ml white wine	4 large desirée potatoes, approx 600g in total
500ml good quality reduced chicken stock	fine sea salt
600ml pure cream	200ml milk
	250g cold unsalted butter

## Method

To start the mash, place the unpeeled potatoes in a large saucepan and cover with cold water. Add a pinch of salt and bring to the boil, then reduce heat and simmer for 25-30 minutes. (Test potatoes by piercing them with a sharp knife. If they are ready, the blade will come out clean with no residue.) Drain well.

Pre-heat oven to 180°C.

Meanwhile for the chicken, heat oil in a large skillet frypan on medium heat, season chicken pieces with salt and pepper and add to the frypan. Seal chicken until lightly golden brown then turn. Scatter the thyme and garlic in the pan.

Once browned, add diced shallot and sweat down for 4 minutes. Add butter and heat until foamy. Deglaze with white wine and reduce by half. Add chicken stock, and again reduce by half. Add cream and gently bring to the boil. Transfer chicken to the oven and cook for 30 minutes.

While the chicken is in the oven, peel the potatoes while they are still hot, using a tea towel to protect your hands. Pass the peeled potatoes through a mouli (or fine sieve) and then a drum sieve into the same saucepan. Use a wooden spoon to stir the mash until all moisture is removed (you want the potato to be dry to the touch).

Bring milk to the boil, then reduce heat to a simmer. Place the mash potato over low heat and add 50g of butter, stirring until combined. Add 50ml of milk and stir until combined. Repeat until all of the butter and milk has been added and the mash is light and creamy. Season with salt to taste.

Add mushrooms to the chicken and cook for 2 more minutes. Remove from oven and finish with chopped parsley. Season to taste and serve with Paris mash.



## Guillaume says...

**W**hen I was a very young kid, school was not my forte and I was always petrified when my parents received my report card. I remember walking home from school absolutely dreading their reaction. But then I'd open the front door and I could smell Bresse chicken in the oven and think *Everything is okay. It doesn't matter what happened at school.* It didn't matter what my maths teacher thought of me, because Mum was cooking Bresse chicken and the smell was incredible. It's amazing how important smell is to me. Smell brings me comfort, security and happiness.

I remember we had school Monday, Tuesday and only in the morning on Wednesday. On Wednesday, my mum used to make mince steak. It's called steak haché, and she would make Paris mash to go with it. So every Wednesday after school at 1pm, I knew I was getting my Paris mash. It was just simple mash potato with butter and milk, and it was delicious. I used to love getting the wooden spoon and using it to eat the mash. I would fight with my brother for that wooden spoon. There's something unique about mash potato. You can eat it when you're young, and also when you're much older.

And the mushroom side, it goes really well with chicken. You pan-fry the mushrooms and add cream – that's the way we used to do it when we were growing up. In autumn and winter, mushrooms are one of my favourite things to eat. I always follow seasonal produce. This is the ABC of French cooking – follow seasonal produce! In France, we go to the markets every day and buy what's in season. I love mushrooms in autumn and winter, and I try to incorporate them as often as I can.