

Bouchée à la Reine

Ingredients

For the chicken

- 1 chicken
- 2 carrots, cut into chunks
- 1 onion, cut into wedges
- 1 leek, cut into chunks
- 2 bay leaves
- 1 tsp chicken base
- freshly ground black pepper to taste

For the mushrooms

- 8 oz mushrooms
- 1 Tbsp butter
- salt and pepper to taste

For the sauce

- 1/4 cup butter
- 1/2 cup flour
- 3 cups milk
- 1 cup reserved broth
- 1 cup white wine
- 1/4 cup heavy cream
- salt & pepper to taste

For the pastry

- 1 package frozen puff pastry, defrosted
- 1 egg, beaten

Directions

Prepare the chicken

Clean the chicken and remove organs from the cavity, if present. Place in a large pot and cover with water. Add the carrots, onion, leek, bay leaves, chicken base and pepper. Bring to a boil over high heat, then lower heat to medium and cook until the chicken is done, around 75 minutes. Remove the chicken and reserve the broth. Let chicken cool, then debone it and shred it. Season with salt and pepper to taste. Set aside. Measure 1 cups of chicken broth, including a piece of carrot and leek, and save the rest for another purpose or discard.

Prepare the mushrooms

Clean and quarter mushrooms. Melt the butter in a medium skillet over medium heat. Add the mushrooms and sauté, stirring occasionally, until golden. Season with salt and pepper to taste. Set aside.

Prepare the sauce

Melt butter in a medium saucepan over medium heat. Whisk in the flour and cook until golden. Gradually whisk in the milk and continue whisking until thickened. Whisk in the chicken broth, wine and cream. Season with salt and pepper to taste. Stir in the mushrooms. Stir in as much shredded chicken as the sauce can take. Turn heat to low and keep warm while you bake the pastry.

Prepare the pastry

Preheat oven to 400°F. Cover two baking sheets with parchment paper.

Flour a large working surface and unwrap a sheet of puff pastry. Roll it slightly. With a round cookie cutter, cut 3 1/2" circles. Brush them with beaten egg. Transfer half the circles to the baking sheet. Using a 2 1/2" round cookie cutter, cut a circle in the middle of the remaining circles. Carefully pick up the border you've cut and place it on top of one of the circles on the cookie sheet, making a little wall. Repeat with the remaining circles. Brush with beaten egg. Transfer the remaining smaller circles to the baking sheet. Bake for 15 minutes, while you repeat with the remaining puff pastry sheet.

Place puff pastry baskets in a plate and prick the bottom as to flatten it. Fill with the chicken mixture. Top with the small puff pastry circles and serve.