

Poached Chicken Salad with Sauce Mousquetaire



Serves 6 Prep 15 mins Cook 30 mins + 1h chill Easy

Ingredients

1.8kg whole chicken
Bouquet garni
(leek, bay leaf, thyme, parsley stalks)
1 onion, peeled and halved
1 carrot, peeled and trimmed
3 stalks celery, cut to 10cm lengths
10 white peppercorns
10 black peppercorns
150ml dry white wine
Salt to season

Sauce Mousquetaire

2 banana shallots, peeled & finely chopped
125ml red wine
125ml veal stock
pinch piment d'espelette (optional)
2 egg yolks, free-range
1 Tbsp Dijon mustard
1 Tbsp white wine vinegar
250ml vegetable oil
Salt & black pepper

1. **For the bouquet garni:** lay out the large outer leaf of the leek and use it as a wrap for the bay leaf, thyme and parsley stalks and tie together with string.
2. **For the chicken** - add the ingredients to a pan, cover with cold water & bring to a boil. Simmer gently for 15 mins, breast side up. Next, turn the chicken over in the broth, and simmer very gently for another 12 mins. Pop the lid on and remove the pan from the heat. Leave to continue cooking in the residual heat.
3. **For the sauce**, simmer the shallots in the wine until all the liquid has evaporated. Add the stock & continue to cook until the shallots are soft & the liquid turns to a sticky glaze. Season with salt, pepper, & piment d'espelette & leave cooking a little.
4. Make mayo with the yolks, mustard, & vinegar, and slowly whisk in the oil. Or use bought mayo. Add the shallot mix. The sauce should have a kick & be quite sharp.
5. Once the chicken has cooled, remove it from the stock. Take the breasts & legs off and discard the skin. Chop up the cooked chicken flesh & add it to a mixing bowl. Chop up the cooked onion, celery, and carrot and add to the bowl. Mix in 1/3rd Sauce Mousquetaire and season to taste.
6. Serve this in the leaves of gem lettuce. It can be made in advance and will keep really well in the fridge for a few days.