

Chicken Fricassee

Ingredients (serves 6):

600g cooked chicken or chicken breast
100g margarine
90g flour
250ml milk
750ml chicken stock
60g capers
pepper
salt
1tbsp lemon juice
1tbsp worcestersauce
320g glass asparagus
170g can button mushrooms

Preparation:

1. Remove all bones and skin of chicken. Tear apart the meat into small chunks. Drain fluid of mushrooms and asparagus into separate container. Slice mushrooms and cut asparagus in small chunks.
2. Make bechamel sauce as following: Add margarine to cooking pot and let it melt on low heat. Add flour and stir until creamy. Add milk slowly while continuously stirring, then add the chicken stock. Let it simmer a bit to thicken the sauce. Lastly, stir in the mushroom and asparagus fluid.
3. Add the capers with its fluid.
4. Add salt, pepper, worcestersauce and lemon juice to taste.
5. Add chicken meat, asparagus and mushrooms and let it warm up on low heat.
6. Cook rice.

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Last update: **2023/05/29 11:53**

