



# Rutland, Steady, Cook!

## Rutland Cookery School's

### Tarragon Chicken

#### Ingredients

2 Chicken Legs, approx. 150g each	50ml, White Wine
1tbsp Vegetable Oil	150ml Chicken Stock
10g unsalted Butter	50ml Single Cream
25g Carrot, 10mm dice	1tbsp Dijon Mustard
25g Onion, 10mm dice	1tbsp chopped Tarragon
25g Celery, 10mm dice	Sea Salt & freshly milled Pepper
1 Clove of Garlic, peeled	
1 Bay Leaf	

#### Method

1. Season the chicken
2. Melt the butter into the oil and when sizzling add the chicken skin side down – brown and then turn and brown the other side. Remove from the pan, add the vegetables and brown.
3. Drain the fat off, return the chicken to the pan with the bay leaf and add the wine (if using) and the stock.
4. Cover with a butter paper and braise in the oven 150°C (fan assisted oven) for 45 minutes.
5. Check the juices run clear from the thickest part of the chicken, remove to a warm plate and keep covered with the butter paper.
6. Strain the stock into a clean pan and reduce until left with 2tbsp. Add the cream, mustard and tarragon. Season to taste.
7. Pour any juices from the chicken back into the sauce and pour the sauce over the chicken.

Don't forget to share your own **Rutland Cookery School's Tarragon Chicken** image on Facebook using **#RutlandSteadyCook**

**Thank you to:** Rutland Cookery School, Ashwell