

Chicken Waterzooi à la Gantoise



Serves 4

INGREDIENTS

1 chicken	40 g (¼ c) flour
500 ml (3 cups) liquid chicken stock	1 cup cream
4 celery stalks	2 tbsp parsley, chopped
5 carrots	1 tbsp chervil, chopped
1 leek	Pinch of nutmeg
3 egg yolks	Salt
30 g butter	Pepper

METHOD

Cut the chicken into 4 pieces.
Slice the celery, carrots and leek into thin sticks (julienne style).
Melt a knob of butter in a saucepan, add vegetables and cook slowly for 10 min without browning.
Add chicken stock to cover vegetables.
Add chicken pieces, salt and pepper and simmer gently for about 25 min until cooked.
Remove chicken pieces and place them in a dish with a little stock.
Melt the rest of the butter in a pan, add flour and stir with a wooden spatula to get a slightly yellow texture.
Strain the vegetables and put them into a bowl.
Add remainder of stock to this mixture (roux), continuing to stir.
Simmer slowly for another 10 min.
Place the chicken pieces into a pan.
Using a spoon mix the yolks together in a small bowl and stir in cream.
Add the mixture to the sauce.
Heat but do not boil.
Put the vegetables into the sauce.
Season with nutmeg.
Put the sauce with the vegetables onto the chicken.
Sprinkle with parsley and chervil.
Serve in soup bowls accompanied by boiled potatoes or boiled rice.