

# ***Chicken & Mushroom Vol au Vent***

## ***Accompanied by Caramel Pot de Crème***



### INGREDIENTS

*For the Chicken Vol au Vent:*

1 lbs 12 oz Chicken Breast  
baked and chopped  
.75 lbs sliced Button  
Mushrooms  
2 tbsp + 1/2 tbsp Butter  
1 small rib finally  
chopped Celery  
1/3 cup Flour all purpose  
2.25 cups Milk  
1 cup Cream Heavy  
1 1/2 tsp Salt Kosher  
1/2 tsp Pepper White  
1/4 tsp Poultry Seasoning  
1/4 cup White Wine  
1 tsp Maggi (or soy sauce)

*For the Caramel Pot  
de Crème:*

2 cups Cream Heavy  
1/3 cup Sugar, Granulated  
1 Vanilla Bean  
5 Egg Yolks  
1 pinch Salt  
Favorite Caramel Sauce  
Whipped Cream

### DIRECTIONS

*For the Chicken Vol au Vent:*

Season Chicken with butter, salt, white pepper, and poultry seasoning and then bake at 400 degrees for about 30 minutes or until cooked all the way through. Let cool and then cut into 1/4 inch cubes. Wash and slice mushrooms and then sauté with 1/2 tbsp butter, a dash of salt, a splash of white wine and a 1/2 tsp maggi or soy sauce. When mushrooms are cooked through put them in a colander to drain.

Add 2 tbsp of butter to a pan and melt. Add celery and cook until aromatic: about 3 minutes. Add flour and mix with a whip. Roast flour for about one minute but do not allow flour to take color. Begin adding your milk and cream in three parts letting sauce thicken before adding the next portion. After adding the last portion of cream and milk add your spices, wine and Maggie and then let come to a gentle boil. Add chicken and mushrooms and heat through.

Ladle sauce into a puff pastry shell that has been heated and serve immediately.

*For the Caramel Pot de Crème:*

Slit vanilla bean down the middle and put in pan with cream. Mix together egg yolks and sugar in a bowl and set aside. Bring the cream to a boil and then slowly add to the egg mixture making sure to mix the whole time. Take the vanilla bean out and scrape out the inside seeds adding them to you mixture. Pour mixture into ramekins and bake for 25 to 30 minutes in a water bath with an oven temperature of 325 degrees. Let cool and top with a thin layer of caramel sauce and a rosette of whipping cream.

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specialty of:  
Executive Chef Rene Bollier

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