

# Chicken Fricassee (Fricassée de Poulet à L'Ancienne)

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-fricassee-puerto-rican-recipe>

## Ingredients:

- 1 whole chicken 3½ to 4 lbs, cut into 11 pieces, Have your butcher cut the breasts in half, keeping the wings attached but removing th...
- freshly ground pepper
- coarse salt
- 3 tablespoons unsalted butter softened, divided
- 1 tablespoon extra-virgin olive oil
- 1 yellow onion small, cut into ¼-inch dice, 1 cup
- 1 carrot cut into ¼-inch dice, 1/2 cup
- 1 celery stalk cut into ¼-inch dice, 1/3 cup
- 8 ounces cremini mushrooms trimmed and quartered
- 2 tablespoons all-purpose flour
- 2/3 cup dry white wine
- 4 cups chicken broth
- 2 sprigs fresh flat leaf parsley
- 2 sprigs fresh thyme
- 1 bay leaf
- 2 large egg yolks room temperature
- 1/4 cup heavy cream
- 3 tablespoons tarragon leaves roughly chopped fresh
- 2 tablespoons fresh lemon juice

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 400 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams

6. Protein: 86 grams
  7. SaturatedFat: 15 grams
  8. Sodium: 590 milligrams
  9. Sugar: 4 grams
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