

Chicken Gougere Recipe

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Prep Time ~ 30 mins	Cooking Time ~ 80 mins
Approx Cost ~ £6	Difficulty ~ Easy
Freeze ~ Yes	Serves ~ 4

Tip ~ Instead of Cheddar cheese in the choux pastry, you could use Gruyere or Emmenthal

Ingredients

100g / 4oz butter

300ml / ½ pint water

150g / 5oz plain flour, sifted

2 Eggs

50g / 2oz cheddar cheese, finely diced

Salt

Freshly ground black pepper

Filling:

25g / 1oz butter

1 onion, peeled and chopped

15g / ½ oz plain flour

300ml / ½ pint chicken stock

100g / 4oz button mushrooms, sliced

1 tablespoon cornflour

2 tablespoons water

3 tomatoes, peeled, seeded and quartered

450g / 1lb cooked chicken, cut into large cubes

Pinch of dried tarragon

1 tablespoon finely chopped fresh parsley

Salt and pepper

1 tablespoon grated Parmesan cheese

Method

- Melt the butter in the water over a low heat.
- When butter has melted, bring mixture to the boil and quickly add flour all at once.
- Beat vigorously until the mixture thickens and forms a smooth paste. Cook the mixture for 2 - 3 minutes beating continually until it leaves the sides of the pan.
- Allow the mixture to cool for 1 - 2 minutes, then beat in the eggs one at a time.
- Fold in the diced cheese and season to taste.
- Grease a 2 pint / 1.2 litre gratin dish or shallow foil container and spoon in the choux pastry to form a thick border around the edge. Set aside.
- To make the filling, melt the butter in a pan, add the onion and fry gently until soft and transparent.
- Stir in the flour and cook for 2 - 3 minutes. Gradually stir in the stock. Add the mushrooms and bring the sauce to the boil.
- Mix the cornflour with the water, stir into the sauce and simmer for 3 - 4 minutes, stirring.
- Allow the sauce to cool then fold in the tomatoes, chicken, tarragon, parsley and seasoning.
- Spoon the mixture into the centre of the choux ring and sprinkle it with the Parmesan cheese.
- (The dish can be frozen at this point, just cover and freeze)
- To serve, uncover and place in a preheated oven: 200C, 400F, Gas 6 and cook for 45 minutes until the pastry is risen and golden. Reduce the heat to 180C, 350F, Gas 4 and continue to cook for 15 - 20 minutes to set the pastry. If not frozen reduce the cooking times by one - third.