

## *Rococo Pullets in Cream*

This is a dish that would have been served at an intimate supper during the Rococo era. It would have been cooked or reheated at the table in a chafing dish.

### **Ingredients**

1 cup cooked, boneless, skinless chicken breast  
1/2 cup sautéed mushrooms  
1/2 cup artichoke bottoms  
3 Tbs. butter  
3 Tbs. flour  
1 cup chicken broth  
1/2 cup cream  
1 egg  
1 to 2 Tbs. chopped parsley  
summer savory  
thyme  
salt  
black pepper

### **Utensils**

knife and cutting board  
measuring cup  
measuring spoons  
cookpot  
wooden spoon  
2 small bowls  
wire whisk  
fork **or** eggbeater  
serving bowl

This dish is seasoned to taste. Cook the chicken breast in boiling water in a cookpot on the stove over medium high heat until done, or in a microwave-safe dish in the microwave oven. Sauté the mushrooms (see recipe below for mushrooms in cream). Make the chicken broth. Good chicken broth can be bought in the store. Cook the artichokes according to the directions on the package, or if using fresh artichokes, steam them in the cookpot over boiling water on the stove until a fork is easily inserted in the bottom. The fresh artichokes can be wrapped in plastic wrap and placed in the microwave oven and cooked on high power for 16 minutes for four artichokes. Discard the leaves and choke, cut off the stems, and they are ready to use. Canned artichokes do not need any prep work. Cut the artichoke bottoms into quarters. Separate the egg and beat the yolk. Rinse and chop the parsley. The dish can be prepared up to this point in advance. Melt the butter in the cookpot on the stove over medium heat, then whisk in the flour to

form a roux. Slowly add the chicken broth and cream. Mix well. Add the salt, pepper, and herbs. When the sauce is smooth and boiling gently, add the chicken, sautéed mushroom, and artichoke bottoms. Stir well. Spoon some of the sauce into the beaten egg yolk before adding the yolk to the sauce. This will keep the sauce from curdling. Cook until heated throughout and the sauce has thickened slightly. Adjust the seasoning and pour into a serving dish. Serve hot.