



## Poached chicken with five sauces

Northern Italian *bollito* – that is, poached meats served with various sauces – meets a Fergus Henderson chicken recipe. I think the boiled bird, while pale, looks beautiful sitting whole, maybe with a leaf of parsley dipped in broth as an almost tattoo-like decoration, but it can, of course, also be sliced and arranged on a pretty plate. Either way, the chicken is surrounded by the various sauces, including jewel-like mustard fruits, and a bowl of boiled potatoes, too, if you like.

Prep **10 min**

Cook **45 min, plus cooling time**

Serves **6**

For the poached chicken

**1 large chicken** (approx. 2kg), with the skin slit between leg and breast

**1 carrot**, peeled and halved

**1 leek**, trimmed and halved

**1 onion**, peeled and halved

**2 bay leaves**

**34 parsley stalks**

**Salt**

Put all the ingredients in a large pot, cover with cold water and slowly bring to a boil. As soon as it boils, take off the heat, cover and leave to cool completely.

Lift the chicken and all the vegetables out of the pot and set aside. Strain the broth, return it to the pan and bring to a gentle simmer. Return the chicken to the pot and simmer gently for 30 minutes, to heat it through thoroughly – by the end, it will be cooked through,

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warm and very tender. If you like, heat through some whole boiled potatoes, too.

There are now two options: one is to lift the bird on to a plate and carve it at the table, passing around a jug of the broth, and the other is to carve it first, arrange on a serving dish and serve with a little broth spooned over the top to keep it moist, with more broth in a jug alongside. Either way, serve with four or five of the sauces below in small bowls, and encourage everyone to help themselves.

### **Mustard fruits**

The most important of the sauces –especially when this is being served as a festive meal – is mustard fruits, or *mostarda di frutta*, a glossy bling of a condiment from Cremona in northern Italy consisting of candied fruit poached in a mustard-flavoured syrup. You can get it from any good Italian delicatessen.

### **Horseradish sauce**

Blend 100g horseradish (either fresh or puree from a jar) with 100g soft white breadcrumbs, 50g white-wine vinegar, 40ml olive oil and a teaspoon of sugar until it forms a soft cream, then season with salt to taste.

### ***Bagnetto rosso* (red sauce)**

Dice 300g tomatoes, 300g red pepper, 200g onion, a stick of celery, a small red chilli and two cloves, then put in a pan. Cook, stirring often, over a very low heat for about 45 minutes, or until the vegetables are extremely soft. Lift out and discard the cloves, then pass through a food mill or blend smooth. Add two tablespoons of red-wine vinegar, 20g sugar and salt to taste.

### ***Salsa verde* (green sauce)**

Put 120g parsley, three anchovy fillets, two hard-boiled egg yolks, a peeled clove of garlic, a teaspoon of drained capers, 150ml olive oil and two teaspoons of red-wine vinegar in a blender and whiz to a thick, consistent sauce.

## **Mayonnaise**

Blend two egg yolks, a teaspoon of dijon mustard and, adding it slowly and whisking constantly, 250ml oil – I use half-and-half vegetable oil/olive oil – until emulsified. Add salt and lemon juice to taste.

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