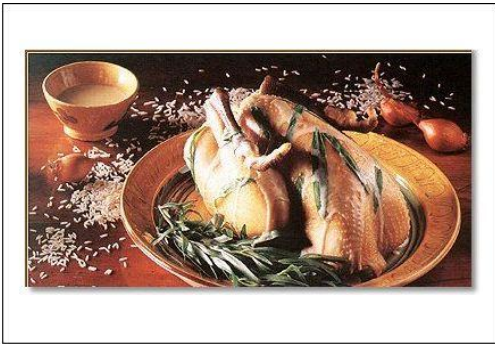


Flavors of Savoy  
Auberge du Père Bise  
Talloires, France

Braised Bresse Chicken with Tarragon  
*Poulet de Bresse Braisé au Tarragon*

Total time: 1 hour 50 minutes



Preheat the oven to 180° C (350° F)  
Preparation time: 40 minutes  
Cooking time: About 1 hour 20 minutes  
Cost: Economical  
Difficulty: Relatively easy

Ingredients for 4 servings

- 1 nice fattened chicken ([bresse chicken](#)), approximately 2.2 kg (5 lb.), cleaned
- 2 bunches of fresh [tarragon](#)
- 75 g (1/3 cup) butter
- 1 shallot
- 150 ml (10 tbsp.) white wine
- 500 ml (2 cups) crème fraîche
- salt and pepper

Method

1. Melt the butter in a small saucepan over very low heat. Once it is melted, remove it from the heat. With a spoon, remove the white foam from the surface and leave
2. behind the milky liquid that has settled to the bottom. Use only the clear butter. Set the clarified butter aside in a bowl set over a pan of hot water until you are ready to use it.
3. Wash the tarragon and remove the leaves from the stems. Drain on paper towel. Stuff the chicken with a quarter of the tarragon and season with salt and pepper.
4. Place the chicken in a bowl and pour the clarified butter over top.
5. Brown the chicken on all sides over medium heat, basting often with clarified butter.
6. Peel the shallot and chop finely.
7. In a casserole dish with a cover, place the chicken on its back, then add the shallot, white wine, 150 ml (10 tbsp.) of water and a quarter of the fresh tarragon.
8. Cover the casserole and cook in the oven for 15 minutes. Turn the chicken on one side and cook for 20 minutes longer.  
Turn the chicken on its other side and cook for 20 minutes longer.

- Remove the chicken from the casserole and keep warm.
9. Place the casserole over the heat and reduce the cooking juices by half. Add the crème fraîche and the remaining tarragon, reserving the nicest leaves for garnishing the plate. Continue to reduce the sauce until a syrupy consistence is obtained.
  10. Correct the seasoning if required, then pour through a strainer, pressing the tarragon leaves well to extract all the juice.

**To Serve**

Place the chicken on a serving dish and spoon the sauce over top. Garnish with a few fresh tarragon leaves.