

Chicken à la King

Chicken à la King has to be one of my favourite chicken dishes, and I always get compliments on this recipe :-)

There's a bit of prep involved, but it's well worth it, and is also easy to freeze for those "I don't feel like cooking" nights if you make extra.

Ingredients

500g skinless, boneless chicken, pre-cooked and finely chopped
1 green pepper, finely chopped
250ml fresh cream
About 500ml milk
200g mushrooms, thinly sliced
1 chicken stock cube
Butter or margarine
Flour
Salt and pepper to taste

Method

In a medium sized pot, melt about a tablespoon of butter and add the chopped green pepper. Let that simmer for a couple of minutes on a medium heat. Add about another tablespoon of butter, and once melted, take the pot off the heat. Sprinkle in about two tablespoons of flour and mix very well into the butter. Pour in some of the milk, little by little, and keep mixing well so that you have no lumps (see our cheese sauce recipe for help with this part). Put the pot back on the stove on high, add all the cream and the rest of the milk, and keep stirring. Just before the sauce starts boiling (or as you notice that it is starting to boil), add the rest of the ingredients (chicken, mushrooms, stock cube - you can add salt and pepper now or leave it for once the sauce is simmering). Once the sauce has reached boiling point, turn the heat right down to let it simmer. This is where I like to let it simmer for quite a while with no lid, about half an hour at least, to let all the flavours develop, and also to reduce the liquidity of the sauce. Remember to stir every few minutes, because it can get a bit sticky on the bottom if you just leave it. Serve with rice or another starch of your choice (also good with a jacket potato :-).