

# Sautéed Chicken with Tarragon and Fall Vegetables

1 whole chicken, cut into 8	1 large turnip,
100 ml white wine	cut into large pieces
300 ml chicken stock	12 baby potatoes,
Fresh tarragon, chopped	whole or cut in half,
2 tbsp tomato paste	depending on size
2 fresh tomatoes,	1 cup whipping cream (optional)
seeded and chopped	Bay leaf
2 onions, chopped	Extra virgin olive oil
1 whole garlic bulb, cut in half	Butter
4 small carrots,	Salt
cut into 2-inch pieces	Pepper

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## Procedure – all done in one pan! Serves 4.

1. Season cut up chicken pieces with salt and pepper on sides. Heat olive oil in a large flat-bottomed pan and sear chicken skin side down first until browned on both sides. Remove from the pan and reserve.
2. Add some butter to the pan and begin to cook the onions, carrots, and garlic for 5 minutes.
3. Add the tomato paste and cook for 2 minutes.
4. Pour in the white wine and deglaze the pan.
5. Place the browned chicken pieces back in the pan on top of the cooked vegetables.
6. Put the remaining tomatoes, turnips, and potatoes around the chicken pieces. Add the chicken stock, tarragon, and bay leaf and bring to a boil.
7. Cover the pan with a lid and place in oven at 300° and cook for 20 minutes.
8. Remove from oven, check to see the chicken is fully cooked. Then remove the chicken pieces and put pan on the stove top to finish the sauce.
9. Add the whipping cream and allow the sauce to reduce gently.
10. Finish the sauce with the butter and add some fresh chopped tarragon.

Notes: you may require more white wine and chicken stock depending on the pot. The chicken should be half submerged in the cooking liquid.

— Submitted by Chef Todd Clark, Cook Apprentice Program, Saskatchewan Polytechnic