



Food for Thought
A Life in Four Courses

The Cyrenians Chicken Fricassee



This is a Cyrenians recipe, developed over many years of cooking class delivery and is a favourite of their cooking class participants.

“I always say that our table in the kitchen is actually more important than the knives and the chopping boards. Being able to sit around the table to enjoy food, to share problems and to share joys is at the heart of what we do. Food brings people together.”

SUE O'NEILL-BEREST, FOOD FOR THOUGHT PARTICIPANT

Ingredients

125g mushrooms	2 tablespoons plain flour
½ green pepper	¼ pint milk
1 tablespoon parsley (fresh or dried)	1 chicken stock cube dissolved in ½ pint water
350g cooked chicken or turkey	Pepper (to taste)
50g butter/margarine	

Method

Chop the mushrooms, de-seed and chop the green pepper and finely chop the parsley (if using fresh).

Chop the chicken/turkey into bite-sized pieces.

Melt the butter/margarine in a saucepan and stir in the flour.

Cook, stirring, for 1 minute.

Gradually add the milk and stock and bring to the boil, stirring constantly.

Add the chicken, mushrooms, green pepper and parsley.

Season with pepper to taste and simmer gently for 10-15 mins.

Alternatively, you can place the fricassee in an oven-proof dish, cover with puff pastry and place in the oven at 200°C for about 30 mins.

Food for Thought is delivered by MECOPP
and funded by the Heritage Lottery Fund



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