

## Kids Kitchen

# Week 3 - Mushroom Medley with Creamy Tarragon Sauce (France)

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\*Image creator: Valeria Bismar for Good Food

## Equipment Needed

- 2 Clean damp cloths (one for surfaces and one for cutting board)
- Oven mitt or dry dish towel for grabbing hot items out of the oven
- Cutting board
- Knife
- Potato masher
- Measuring cups/spoons
- High-walled **saucepan** or large pot
- Large pot for boiling potatoes
- Strainer/colander
- Medium pot for boiling beans

## Ingredients

- Oyster Mushrooms
- 2 sprigs of tarragon

- 4 large yukon gold potatoes
- 3 cloves of garlic
- Bunch of green beans
- 3 tbsp butter
- 1 cup of heavy cream
- 1 chicken stock cube (1 cup of water to mix with)
- 2 tbsp olive oil
- Salt and pepper

## Instructions / Cooking Steps (see glossary for definitions)

1. Set up Cooking area, tools and ingredients (**mise en place**)
  - a. Sanitize work surfaces
  - b. Locate all equipment needed (pots, pans, measuring cups, knives, bowls, etc.)
2. Fill large pot with water, cover and bring to boil

*While the water comes to a boil...*

3. Peel/cut off any spoiled parts of the potato, set aside
4. Cut ends off of green beans and place in bowl
5. **Finely chop** garlic and place in bowl
6. Pick tarragon off of stem and place in bowl
7. Dissolve chicken stock in 1 cup of water
8. Season chicken thighs with salt and pepper

*Once water is boiling...*

9. Carefully place potatoes into boiling water, cook until soft inside. (*You should be able to push a fork through the potato with little to no effort*)
10. Fill the medium pot with water, cover and bring to boil

*While potatoes are cooking and the medium pot comes to a boil...*

11. Heat up 1 tbsp of oil in saucepan on medium-high heat
12. Once oil is hot, add oyster mushrooms and **seer** both sides until crispy brown. Turn heat to medium and place chicken thighs on a plate to rest.
13. Add the chopped garlic to the saucepan and saute for 1 minute
14. Add chicken stock to the saucepan and carefully scrape off any burnt pieces (known as **fond**) from the bottom of the pan
15. Add heavy cream and most of the tarragon to the pan (keep a bit of tarragon for garnish at the end)
16. Add mushrooms back to pan and bring to a low simmer (medium-low heat) uncovered for 8-10 minutes. Once the sauce has thickened to a consistency you like, you can turn the heat off.

*While the mushrooms cook...*

17. Place green beans in the medium pot of boiling water, cook for 3-5 minutes. They should be soft, but still have a bit of a crunch when you bite into them. Once they are finished, turn off the heat and strain them and put aside.
18. When potatoes are finished, turn off the heat and strain them and place them back in the pot you cooked them in. Mash with potato masher, then add butter and continue to mash. Season with salt and pepper as desired and give a final stir with a large spoon.
19. You're FINALLY ready to plate!

## Plating / variations

This dish has definitely been the most complex you've attempted so far...so congratulations! As always, there are lots of variations you can make with this dish. Instead of green beans, you could use broccolini, asparagus, or any hearty vegetable you like. Substitute yams/sweet potatoes for yukon gold potatoes or mix and match different root vegetables and mash them up! If you wanted a vegetarian option you could replace the chicken with a medley of mushrooms or try to make cauliflower steaks! For us today, as the picture shows, you can stack the chicken and the beans on top of the potatoes, and drizzle the sauce all over everything. But again, do as you please!

And please don't forget to send us any pictures of you cooking and your dish as well. Also, if you want to share a sentence or two about something that stood out to you about the lesson or something you learned that would be great! It really helps us in reporting about the work that we're doing and helps us ensure we can continue providing programs like this.

## Glossary

**Mise en place:** A french term meaning "everything in its place." It is the process of preparing food items, as well as cooking items, and is used in professional kitchens to maintain efficiency and cleanliness.

**Seer:** To seer something we heat a pan nice and hot with an oil that has a high burning temperature and cook all sides until they have become brown and crispy. This is meant to be a short amount of time at high heat.

**Fine Chop:** To cut something into smaller pieces with repeated cuts with a knife. For a fine chop, make sure the pieces are very small.

**Saucepan:** Deep stove-top pan, often with a lid.

**Fond:** crispy pieces burnt onto the bottom of a hot pan, usually after searing meat.