

# Filet de Poulet Farci aux Champignons

(Chicken Fillets Stuffed with Mushrooms & Creamy Veal-Stock Sauce)

## A Little Background

Stuffed poultry dishes (volailles farcies) are a pillar of traditional French home cooking — elegant enough for Sunday lunches, easy enough for weeknights, and endlessly adaptable. This version blends a classic duxelles of mushrooms, herbs, and cream tucked inside tender chicken breasts, finished with a lush fond de veau cream sauce that brings that unmistakable French depth and savor.

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## INGREDIENTS (Serves 4)

### For the Chicken

- 4 boneless, skinless chicken breasts
- 8 oz (225 g) mushrooms (button, cremini, or a mix), finely chopped
- 1 small shallot, finely minced
- 1 tbsp butter
- 1 tbsp olive oil
- 2 tbsp heavy cream
- 1 tbsp chopped fresh parsley (or thyme)
- Salt & black pepper
- Toothpicks or kitchen twine

### For the Creamy Fond de Veau Sauce

- 1 cup chicken stock or water
- 1 tbsp fond de veau paste or powder
- $\frac{3}{4}$  cup heavy cream
- 1 tbsp Dijon mustard (optional but excellent)

- Splash of dry white wine (2–3 tbsp)
  - Salt & pepper
  - 1 tsp butter
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## 1. Prepare the Mushroom Stuffing (Duxelles)

1. In a skillet, melt butter + olive oil over medium heat.
2. Add shallot and cook 1–2 min until translucent.
3. Add chopped mushrooms, salt, and pepper.
4. Cook until the mushrooms release all their water and the pan becomes nearly dry — about 7–10 minutes.
5. Stir in cream and parsley, cook 1 more minute.
6. Remove from heat and let cool slightly.

👉 The mixture should be thick, almost spreadable — this keeps it inside the chicken.

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## 2. Prepare the Chicken

1. Butterfly each chicken breast: slice horizontally without cutting all the way through, then open like a book.
  2. Lightly pound with a meat mallet or rolling pin to even out thickness.
  3. Season with salt and pepper.
  4. Spread a generous spoonful of mushroom filling inside each fillet.
  5. Fold closed and secure with toothpicks or kitchen twine.
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## 3. Sear & Cook the Chicken

1. Heat a skillet with a drizzle of oil.
2. Sear the stuffed breasts on each side until golden brown — about 2–3 minutes per side.

3. Lower the heat, cover, and cook 10–12 minutes until fully cooked through (165°F / 74°C).

Remove chicken and keep warm.

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## 4. Make the Creamy Fond de Veau Sauce

In the same skillet (keep the brown bits!):

1. Add a splash of white wine to deglaze; scrape up the brown bits.
  2. Add 1 cup water or stock + fond de veau. Stir to dissolve.
  3. Let reduce for 3–4 minutes.
  4. Add cream and simmer until thickened.
  5. Stir in Dijon mustard if using.
  6. Finish with 1 teaspoon butter for shine.
  7. Taste and adjust seasoning.
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## 5. Serve

Slice chicken breasts diagonally into medallions.

Spoon generous amounts of fond de veau cream sauce over the top.

### Recommended sides

- Mashed potatoes
  - Buttered tagliatelle
  - Sautéed green beans (haricots verts)
  - Potato gratin
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## Wine Pairing

- White: A rich Burgundy-style Chardonnay (Mâcon-Villages, Pouilly-Fuissé)

- Red: A light, fruit-forward Beaujolais-Villages
- Alternative: A dry, creamy Pinot Gris from Alsace