



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

CREAMY CHICKEN AND MUSHROOM PASTA

- Serves 4

Ingredients (check list):

- 300g Pasta of choice
- 200g Chestnut Mushrooms, *quartered*
- 2 Chicken Breasts (*approx 200g each*)
- 1/4 cups / 310ml Heavy/Double Cream
- 1/2 cup / 125ml Chicken Stock
- 1/4 cup / 60ml Dry White Wine
- 60g finely grated Parmesan (*save a pinch to garnish*)
- 2 tblsp Unsalted Butter
- 1 tblsp Fresh Parsley, *plus extra to garnish*
- 1 tblsp Olive Oil
- 1 tsp Garlic Powder
- 1/2 tsp each: Dried Thyme, Salt (*plus more to taste*)
- 1/4 tsp Black Pepper (*plus more to taste*)



Instructions:

1. Bring your chicken breasts to room temp, then slice through the centre to make 4 equal sized breasts. Coat in 1 tblsp olive oil, 1 tsp garlic powder, 1/2 tsp thyme and salt, 1/4 tsp black pepper.
2. Fry over medium heat for a few mins each side until golden and just cooked through the centre. Remove from pan and allow to rest. Just before needed, slice your chicken into thin strips, ensuring you cut at a slight angle and against the natural grain of the chicken.
3. Keep the heat on a medium and melt in 2 tblsp unsalted butter. Add 200g mushrooms and fry until golden. Try not to move them about too much, you want them caramelized on all sides. Season with a pinch of salt and pepper.
4. Pour in 1/4cup/60ml white wine and let it reduce until nearly gone. This is important so it doesn't overpower the sauce. Use your wooden spoon to scrape off the flavour from the pan.
5. Pour in 1/2cup/125ml chicken stock, then stir in 1/4 cups/310ml heavy cream. If the stock is rapidly bubbling lower the heat before you pour in the cream, otherwise it may curdle.
6. Allow to thicken for 5-10mins. Meanwhile cook 10.5oz/300g pasta in salted boiling water until al dente. Retain a cup of starchy pasta water before draining.
7. Stir in most of your 60g parmesan and 1 tblsp parsley. Season to taste, then pour in your pasta. Stir to coat, then add your chicken strips. Give it a good stir, using your starchy pasta water to thin out as necessary.
8. Serve with extra parmesan and parsley.

Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.