

chicken vol au vent recipe

Chicken vol au vent recipe is a classic French dish that combines flaky pastry with a creamy chicken filling, creating a delightful entrée that is both elegant and comforting. Originating from the culinary traditions of France, vol au vent translates to "windblown" in English, a nod to the lightness of the pastry. This dish is perfect for special occasions, dinner parties, or simply when you want to treat yourself and your family to something exquisite. In this article, we'll delve into the intricacies of making chicken vol au vent, from the ingredients you'll need to the step-by-step preparation method, along with tips for making this dish a true masterpiece.

Ingredients for Chicken Vol au Vent

To create a delicious chicken vol au vent, you'll need the following ingredients, which can be easily sourced from your local grocery store.

For the Pastry

- 2 sheets of puff pastry (store-bought or homemade)
- 1 egg (for egg wash)
- Flour (for dusting)

For the Chicken Filling

- 2 cups cooked chicken, shredded (rotisserie chicken works great)
- 1 cup mushrooms, sliced
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup heavy cream
- 1 cup chicken broth
- 1 tablespoon flour (for thickening)
- 1 tablespoon butter
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Preparing the Puff Pastry

Step 1: Thaw the Puff Pastry

If you're using frozen puff pastry, make sure to thaw it in the refrigerator

for several hours or overnight. This will ensure that it is pliable and easy to work with.

Step 2: Roll Out the Pastry

On a lightly floured surface, roll out the puff pastry sheets to about 1/8 inch thick. Use a round cutter (or a drinking glass) to cut out circles from the pastry. You will need two circles for each vol au vent.

Step 3: Create the Vol au Vent Shape

- Take half of the circles and cut a smaller circle in the center, creating a ring. These will be the tops of your vol au vents.
- Place the larger circles on a baking sheet lined with parchment paper.
- Brush the edges of the larger circles with egg wash to help the tops adhere.
- Place the rings on top of the larger circles, then brush the tops with egg wash as well.

Baking the Puff Pastry

Step 4: Bake the Pastry

Preheat your oven to 400°F (200°C). Bake the prepared puff pastry for about 20-25 minutes or until golden brown and puffed up. Once baked, remove them from the oven and let them cool slightly.

Making the Chicken Filling

Step 5: Sauté the Ingredients

In a large skillet, melt the butter over medium heat. Add the chopped onion and minced garlic, sautéing until the onion becomes translucent. Then, add the sliced mushrooms and cook until they are tender.

Step 6: Prepare the Cream Sauce

- Sprinkle the tablespoon of flour over the sautéed vegetables, stirring well to combine.
- Gradually pour in the chicken broth, stirring continuously to avoid lumps. Bring the mixture to a simmer.
- Add the heavy cream and continue to stir until the sauce thickens. Season

with salt and pepper to taste.

Step 7: Combine with Chicken

Once the sauce has thickened, add the shredded chicken to the skillet. Stir well to combine all the ingredients, ensuring that the chicken is thoroughly coated in the creamy sauce.

Assembling the Chicken Vol au Vent

Step 8: Fill the Pastry Shells

Using a spoon, carefully fill each puff pastry shell with the chicken filling. Be generous, but ensure that the filling doesn't overflow too much.

Step 9: Garnish and Serve

Finish off your chicken vol au vent by garnishing with freshly chopped parsley. Serve them warm as a delightful appetizer or main course.

Serving Suggestions

Chicken vol au vent can be served on its own or paired with a variety of side dishes. Here are some ideas to elevate your meal:

- Mixed green salad with a light vinaigrette
- Steamed asparagus or green beans
- Mashed potatoes or creamy polenta
- A glass of white wine, such as Chardonnay or Sauvignon Blanc

Tips for Perfecting Your Chicken Vol au Vent

- **Quality Ingredients:** Using high-quality butter, fresh herbs, and good chicken broth can significantly enhance the flavor of your dish.
- **Make Ahead:** You can prepare the filling in advance and store it in the refrigerator. Assemble and bake the vol au vent just before serving.

- Experiment with Fillings: While chicken is a classic choice, you can also experiment with other fillings such as seafood, vegetables, or even a mix of both.

Conclusion

The **chicken vol au vent recipe** is a fantastic way to impress your guests or simply enjoy a taste of French cuisine at home. With its flaky pastry and creamy filling, this dish offers a wonderful combination of textures and flavors that are sure to please. Whether you're a seasoned cook or a beginner, following the steps outlined in this article will help you create a culinary masterpiece that is as beautiful as it is delicious. So, roll up your sleeves, gather your ingredients, and get ready to indulge in this timeless classic!

Frequently Asked Questions

What is a chicken vol au vent?

A chicken vol au vent is a classic French dish consisting of a light, flaky pastry shell filled with a creamy chicken and mushroom mixture, often served as an appetizer or main course.

What type of pastry is used for chicken vol au vent?

Chicken vol au vent is made using puff pastry, which gives it a light and airy texture when baked.

How do you ensure the puff pastry rises properly for vol au vent?

To ensure the puff pastry rises properly, it's important to keep it cold and handle it minimally. Additionally, using a sharp knife to score the edges without cutting all the way through will help create a defined border that puffs up during baking.

Can chicken vol au vent be made in advance?

Yes, chicken vol au vent can be prepared in advance. You can make the pastry shells and the filling separately, then assemble and bake them just before serving for the best texture.

What are some common variations of chicken vol au

vent?

Common variations of chicken vol au vent include adding ingredients like shrimp, vegetables, or herbs to the filling, or using different sauces such as a white wine sauce or curry sauce for added flavor.

What sides pair well with chicken vol au vent?

Chicken vol au vent pairs well with light salads, steamed vegetables, or a creamy potato puree, complementing the richness of the dish.

Is chicken vol au vent suitable for special occasions?

Yes, chicken vol au vent is an elegant dish that is perfect for special occasions, dinner parties, or festive gatherings due to its sophisticated presentation and flavor.

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