

# CHICKEN & PASTA with MUSHROOM SAUCE

Serves 4

By Dennis W. Viau; modified from a recipe seen on TV.

For this recipe I made my own garganelli pasta. The pasta takes a lot of time to shape. A quick substitute is penne. The sauce starts with a velouté, which is chicken stock thickened with roux, to which is added sautéed mushrooms, onion, and chicken. It is economical and easy to make.



This dish was first seen on TV and the cook referred to it as “chicken and fuzi.” I had never heard of a pasta shape called fuzi. It wasn’t until I bought my first pasta book that I recognized the shape as garganelli. Perhaps *fuzi* was a regional name, or one that was popular only in his family.

## Ingredients:

12 ounces (340g) fresh pasta dough or 1 pound (454g) dry penne pasta  
1½ ounces (3½ tablespoons/43g) butter, whole or clarified  
1½ ounces (5 tablespoons/43g) all-purpose flour  
2 cups (473ml) chicken stock, preferably homemade  
Olive oil or clarified butter for frying  
1 chicken breast or 2 chicken thighs (10 to 12 oz./280 to 340g); cubed into bite-sized pieces  
6 to 10 white button mushrooms, depending on size; sliced  
1 medium to large onion; chopped  
1 clove garlic (2 if small); minced or crushed with a garlic press  
Salt and pepper to taste  
Parmesan or Romano cheese for garnish (optional)

## Directions:

If using fresh pasta dough, roll the dough and shape the garganelli (see photos). Set aside.

Heat butter and flour in a medium saucepan until the butter is melted. This is a roux. Cook the roux about 1 minute to eliminate the raw flavor from the flour. Add the chicken stock and bring to a boil to thicken. This is a velouté. Remove from the heat, cover, and set aside.

Heat the oil in a skillet over medium heat and sauté the chicken until thoroughly cooked but not browned. Transfer to a bowl and set aside. Wipe the skillet. Add more oil and sauté the sliced mushrooms until tender, about 3 minutes. Transfer to the bowl of chicken and set aside. Sauté the onion until golden, about 20 minutes, reducing the heat as the onions reduce in moisture. Add the garlic and cook a minute longer. Return the chicken and mushrooms to the skillet and add the velouté. Blend and season with salt and pepper. Herbs, such as oregano, can be added if desired. Cover and set aside.

Cook the garganelli in boiling water about 1 minute and drain. If using dry penne, cook according to package directions and then drain. Add the cooked pasta to the skillet of chicken and mushroom sauce. Blend well and heat to serving temperature. Plate and garnish with grated or shredded Parmesan or Romano cheese if desired. Serve with your favorite vegetables.

The **Step By Step** guide begins on the following page.

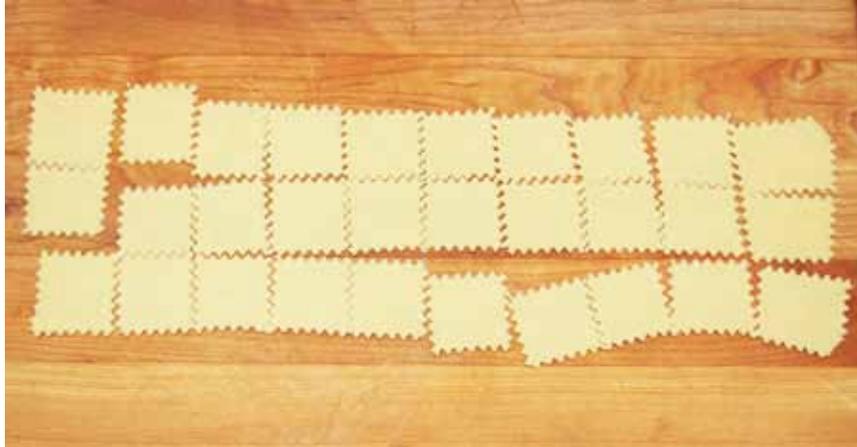
## STEP-BY-STEP

1

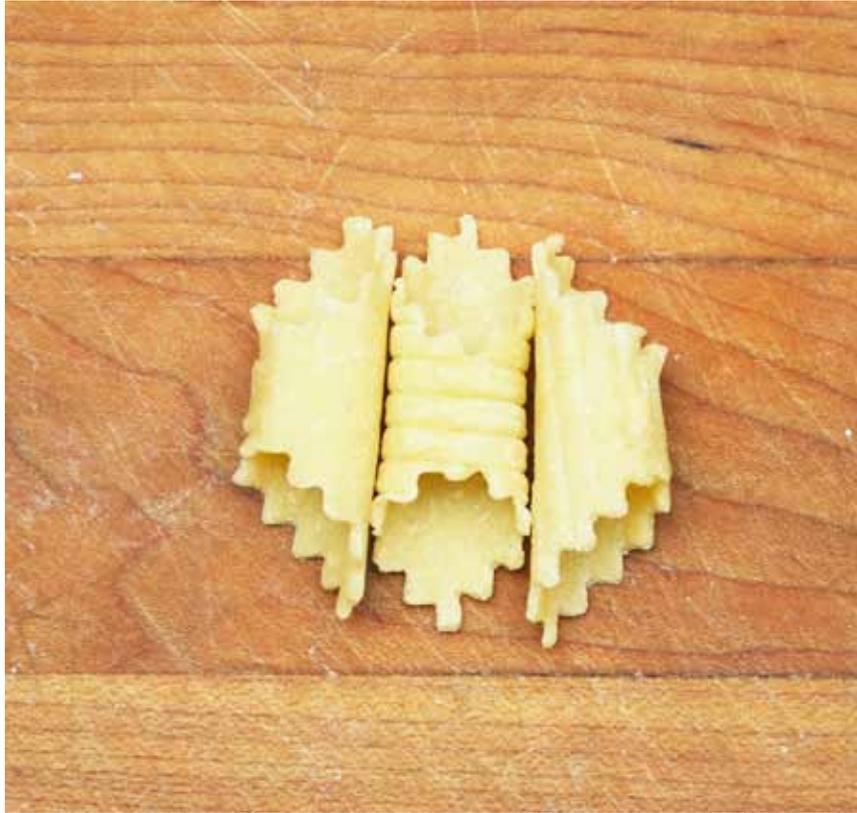


Garganelli is a lot of work. Start by making your own pasta dough. (See my recipe for Pasta From Scratch on this web site. You'll find it in Basics.) Roll the dough into a long sheet.

2



Cut the dough sheet into little squares. For the scalloped edges I used a fluted cutter.

**3**

Roll each square over a dowel or the handle of a wooden spoon, rolling corner to corner, and wet the final corner with a little water to help it to stick as you press it into place.

**4**

Garganelli are rolled one at a time, which can take a while. Store-bought penne pasta is a quicker and easier substitute. I enjoy making my own pasta, which I do often, but I don't object to substitutions.

5



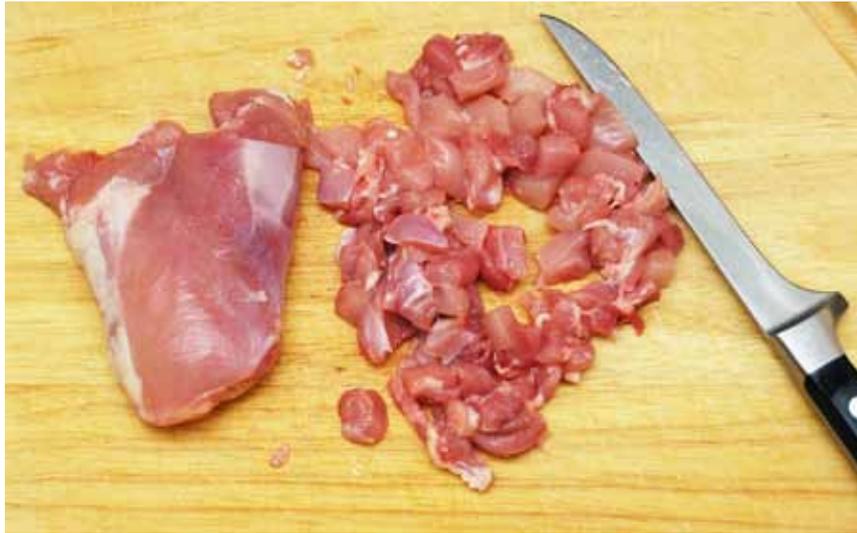
To make the roux, heat the butter and flour together in a saucepan and cook the flour for about 1 minute.

6



Add the chicken stock and blend well. Bring to a boil to thicken, then cover and set aside.

7



Cut the chicken into small bite-sized pieces. I am using two boneless chicken thighs here, but if you prefer white meat you can use chicken breast.

I am also using the boning knife I used to bone the chicken—not the most appropriate for cutting up the chicken. I should be using my chef's knife, but why dirty another knife?

8



Sauté the chicken only until it is thoroughly cooked. There is no need to brown it. Transfer to a bowl and set aside.

9



Sauté the sliced mushrooms until tender, about 2 to 3 minutes.

10



I prefer caramelized onion in this dish. Sauté the onion, starting over medium heat, and cook until the onions are golden in color, about 20 minutes. Reduce the heat periodically as the moisture in the onion is reduced. By the end of the cooking time the heat will be at low.

11



Combine all the sauce ingredients in the skillet and heat to serving temperature. Season with salt and pepper.

12



Cook fresh pasta about 1 minute. If using dry pasta, cooking according to package directions.

13



Plate and serve. Optionally, you could garnish with a little Parmesan or Romano cheese. The rich flavor of homemade chicken stock makes for a hearty sauce.

As an alternative, you could add heavy cream to the thickened stock. I have done this more than once and it is delicious. Adding a tablespoon of butter also improves the flavor. Consider this recipe a starting point from which to experiment and be creative.

## Conclusion

When I first saw this recipe on television I was intrigued by it. I have made it many times. The flavor always lingers in the mind and makes me want to make it again. I love homemade chicken stock and homemade pasta anyway. This recipe combines the best of both with an enriched and concentrated stock flavor. I can't make enough positive comments about it.