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Dawley Farm Village
at the Roundabout
cooksbak.com

Individual Chicken Wellingtons with Mornay Sauce

Serves 4

Craving something extraordinary? Try our recipe for Individual Chicken Wellingtons with Mornay Sauce! Tender boneless chicken is seared and seasoned, smeared with Dijon, topped with a minced, sautéed blend of mushrooms, shallot, and garlic, then wrapped in a buttery, puff pastry, and baked to golden perfection. Served with a creamy Mornay sauce, this is a culinary masterpiece that's sure to impress the table and the palate!

Ingredients for the Chicken Wellingtons:

2 boneless, skinless chicken breasts, cut in half
Salt and black pepper
2 tablespoons olive oil
2 tablespoons butter
4 tablespoons Dijon mustard
2 sheets puff pastry, thawed
2 tablespoons half-and-half, for pastry wash

Ingredients for the Mushroom Sauté (Duxelles):

2 medium shallots, finely minced in a food processor
2 cloves garlic, finely minced in a food processor
8 ounces baby bella mushrooms, finely minced in a food processor

1/4 cup dry white wine

1 tablespoon butter

2 tablespoons fresh thyme leaves

1/4 teaspoon Kosher salt

Freshly ground black pepper

Ingredients for the Mornay Sauce:

2 tablespoons butter

2 tablespoons all-purpose flour

1-1/2 cup half-and-half

1/2 cup grated Gruyère cheese

Salt, to taste

Freshly ground black pepper, to taste

Freshly grated nutmeg

Directions:

1. Sear the Chicken: Cut each chicken breast in half to make four smaller pieces of chicken. Season the chicken breasts with salt and pepper. Heat 2 tablespoons each of olive oil and butter in a large skillet over medium-high heat. Sear the chicken breasts on both sides until golden brown, about 2-3 minutes per side. Remove from the heat and let them cool slightly. The chicken will finish cooking in the oven.
2. Once the seared chicken has cooled, brush each chicken breast with 1 tablespoon of Dijon mustard.
3. Make the Duxelles (the mushroom sauté. Finely chop the shallots and garlic in a food processor until finely minced. Add the mushrooms and pulse again until very finely minced.
4. In the same skillet used to sear the chicken, add the finely chopped mushrooms, onion, and garlic. Cook, stirring occasionally, until the mixture is slightly browned, and the moisture has evaporated, about 10-15 minutes. Add the dry white wine and cook until all of the wine has evaporated. Stir in the butter, fresh thyme, and season with salt and pepper. The consistency should be almost like a paste. (This sautéed mushroom mixture is also known as a Duxelles.) Let it cool completely.
5. Preheat the oven to 400 F.
6. Assemble the Wellingtons: Roll out each thawed puff pastry sheet into a large rectangle on a lightly floured surface. Cut in half to make 2 squares that are large enough to wrap around each chicken piece.
7. Spread a quarter of the cooled mushroom mixture on each puff pastry square. Place the prepared chicken, (seared and smeared with Dijon), on top of the mushroom mix, mustard side down.
8. Fold the pastry over the chicken, sealing the edges by pressing them together. Trim any excess pastry, if necessary.
9. Repeat steps 6-8 for the remaining chicken pieces.
10. Place the wrapped chicken parcels, seam-side down, on a sheet pan lined with parchment paper. Brush the tops with the half-and-half, and sprinkle lightly with Kosher salt and pepper. Chill the parcels in the refrigerator for 10 minutes before baking.
11. Bake the Individual Chicken Wellingtons in the preheated oven for 18-22 minutes, or until the pastry is golden brown and the chicken is cooked through to an internal temperature of 165 degrees F.
12. Prepare the Sauce for Serving: Meanwhile, prepare the Mornay sauce for serving. In a saucier or saucepan, melt 2 tablespoons of butter with 2 tablespoons of flour over medium heat. Whisk continuously for 2-3 minutes until the mixture is bubbling, but not browned.
13. Gradually whisk in 1-1/2 cups of half-and-half, continuing to whisk until the sauce thickens and is smooth.
14. Remove the pan from the heat and stir in 1/2 cup of grated Gruyère cheese. Stir until the cheese is melted and the sauce is once again smooth.
15. Season the sauce to taste. Add salt, freshly ground black pepper, and a grate of fresh nutmeg, to taste.
16. Once the parcels have baked, allow the Wellingtons to rest for 5 minutes.
17. Serve the Individual Chicken Wellingtons with a generous drizzle of warm Mornay sauce over the top. Garnish with a few sprigs of thyme. Enjoy!