

# Creamy Chicken, Leek and Tarragon Tagliatelle



## Ingredients for Basic Pasta:

100g '00 Pasta Flour' or Strong Plain Flour  
1 Egg  
Pinch Salt: School to Provide

## Ingredients for Cooking the Pasta:

600ml Water: School to Provide  
½ Tablespoon Olive Oil: School to Provide  
Pinch of Salt: School to Provide

## Ingredients for Sauce:

1 Whole Chicken Jointed: Use 300g of Meat (Thighs / Breast)  
250ml Chicken Stock: Made from Boiling Chicken Carcass  
50g Soft Cream Cheese  
35g Parmesan, Grated  
2 Garlic Cloves  
1 Leek  
1 Bay Leaf  
1 Tablespoon Olive Oil: School to Provide  
1 Dessertspoon Vegetable Oil: School to Provide  
1 Teaspoon Dried Tarragon  
Salt and Pepper: School to Provide



Please bring a container to take your cooked dish home in and a spare container for your raw meat.

## Method:

1. Weigh and measure out all the ingredients accurately.
2. Preheat the oven to 200°C or Gas Mark 6.
3. **Option 1: Pasta By Hand**
  - ◆ Place the flour and salt onto the worktop in a heap.
  - ◆ Crack the egg into a small bowl and beat with a fork until it is mixed well.
  - ◆ Make a well in the center of the flour and pour in the beaten egg.
  - ◆ Bring the mixture together using your fingertips until a soft dough is formed. Add a little more flour if it is too sticky or a little more egg if too dry.
  - ◆ Knead well until the dough is no longer sticky / dry, it needs to be elastic.
  - ◆ Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
3. **Option 2: Pasta In a Food Processor**
  - ◆ Place the flour and salt into the food processor.
  - ◆ Crack the egg into a small bowl.
  - ◆ Add the egg to the food processor.
  - ◆ Pulse the machine until the mixture begins to look like breadcrumbs.
  - ◆ Process it until the mixture forms a soft ball of dough. Add a little more flour if it is too sticky or a little more egg if too dry.
  - ◆ Wrap the dough in cling-film and leave in the fridge for 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
4. To prepare the filling, on a red chopping board joint the whole chicken into breasts, thighs, drumsticks and wings. Select 300g of meat (thighs / breast) to use for the dish and store the remaining meat in a sealed container in the bottom of the fridge.
5. Place the carcass in a large saucepan and cover with water, add bay leaf and pepper. Place a piece of crunched up baking paper over the carcass, place the saucepan at the back of the hob and bring the water to the boil. Reduce the heat and reduce the liquid for 15 to 20 minutes.
6. Cut the selected chicken into even size pieces.
7. Add the chicken to a baking tray and drizzle with the tablespoon of olive oil and season with salt and pepper.
8. Using oven gloves, place the baking tray in the oven for 15 to 20 minutes. Use a food probe to ensure the chicken pieces have a core temperature of 75°C.
9. Meanwhile, top, tail and slice the leek finely into rounds. Place in a colander and wash carefully to remove any dirt.
10. Peel and finely chop the garlic.
11. Grate the parmesan cheese onto a plate.
12. Remove the pasta dough from the fridge. Cut the dough into two pieces. Flatten each piece with a rolling pin or your hands until it is about 5mm thick.
13. Fold the dough and pass it through the pasta machine at its widest setting, re-folding and re-rolling several times without changing the setting. Do this until you have a rectangle shape approximately 7.5cm x 9cm. You may need to sprinkle some flour onto the machine to stop the dough from sticking. Repeat with the second piece of dough.
14. To thin the pasta, start with the pasta machine at its widest setting and pass the dough through the rollers. Do not fold the pasta dough, but repeat this processing, decreasing the width setting of the roller each time, until you reach the narrowest setting. Take the pasta down to the thinnest setting.
15. Use the tagliatelle cutter to shape pasta.
16. Half fill a saucepan with water, ½ tablespoon of olive oil and add a pinch of salt. Place on the back of the hob and bring the water to the boil.
17. Place a large saucepan at the front of the hob, add a dessert spoon of vegetable oil.
18. Heat the oil for 30 seconds and then add the chopped leek and garlic and cook for 3 to 4 minutes or until softened.
19. Add the tagliatelle pasta to the saucepan of boiling water and continue to boil for 4 to 6 minutes or until cooked. Once done use a colander to drain the boiling water from the tagliatelle.
20. Once the leek has softened, add the tarragon and mix everything together with a white plastic stirring spoon.
21. Remove the saucepan of chicken stock from the hob and place on a pan stand. Remove the stock and place in a jug.
22. Add the chicken stock to the saucepan and stir in the soft cream cheese.
23. Add half of the grated parmesan cheese and cook for 5 to 6 minutes or until the sauce has thickened slightly.
24. Once the chicken is cooked, use oven gloves to remove the baking tray from the oven and shred it apart using two forks.
25. Add the shredded chicken and drained pasta into the saucepan.
26. Season with salt and pepper.

