



WILD. NATURAL. SUSTAINABLE.

Poussin Ragu Bianco

Prep Time: 1 hour 30 minutes • Yields: 2-4 servings

Ingredients:

2 pkgs. Fossil Farms' Whole Poussin Chicken, 1 lb.

4 oz Pancetta

¼ cup white wine

1 quart Chicken broth

¼ cup heavy cream

½ Spanish onion, small diced

2 stalks celery, small diced

½ fennel bulb, small diced

3 garlic cloves, minced

2 tbsp. unsalted butter

2 tbsp. olive oil

2 sprigs oregano

1 sprig thyme

Zest of ½ a lemon

Salt & black pepper to taste

Method:

1. Place the Poussin onto a cutting board and use a knife to break each Poussin down into four pieces.
2. Add the oil to the In a Dutch oven or large braising pot, heat over medium-high heat.
3. Season the Poussins with salt and pepper and place them skin-side down into the heated pot until the skin is golden brown. Then, flip them over to sear the opposite side.
4. Remove the seared Poussin from the pot and set it aside for the time being. Then, add the pancetta and allow it to render.
5. Once the pancetta is rendered, add the onions, celery, and fennel. Sweat the vegetables until translucent, then add the garlic and continue to cook until the garlic is aromatic.
6. Next, add white wine to deglaze the pan. After that, add the stock and herbs and allow them to come to a simmer.
7. Place the seared Poussin back into the pot and simmer for about an hour until the Poussin is tender and the broth has reduced.
8. Pull the Poussin out of the pot and shred the meat off the bone. Discard the skin & bones and place the meat back into the pot.
9. Add the unsalted butter to the pot, stirring in heavy cream and lemon zest. Then, season with salt and pepper to taste.
10. Serve and enjoy!

Equipment:

Stove

Large Dutch oven

Measuring spoons & cups

Cutting board

Knife

Wooden spoon

Rubber spatula

Serving plates

Iron Cast Skillet

