

chicken vol au vent recipe

Chicken Vol Au Vent Recipe: A Delightful Classic Made Simple

chicken vol au vent recipe is a timeless French dish that brings together flaky puff pastry and a creamy, savory chicken filling. Whether you're aiming to impress guests at a dinner party or simply craving a comforting yet elegant meal, this recipe hits the mark with its rich flavors and beautiful presentation. Vol au vent, which translates to "windblown," refers to the light, hollow puff pastry cases that are filled with a luscious mixture, often involving chicken and mushrooms in a creamy sauce. If you've never tried making this at home, you're in for a treat—it's easier than you might think!

What is Vol Au Vent?

Before diving into the chicken vol au vent recipe, it helps to understand what vol au vent really is. At its core, vol au vent is a small, hollow case of puff pastry that's baked until golden and crispy. Traditionally, these cases are filled with a variety of savory mixtures like seafood, mushroom ragouts, or creamy chicken stews. The beauty of vol au vent lies not only in its delicate texture but also in its versatility. It's a perfect vehicle for showcasing rich, comforting fillings that are both flavorful and satisfying.

Ingredients You'll Need for Chicken Vol Au Vent

To make a delicious chicken vol au vent, you'll need a few key ingredients. The good news is that many of these are pantry staples or easy to find at your local grocery store.

- **Puff pastry sheets:** Store-bought puff pastry works perfectly and saves time.
- **Chicken breast or thighs:** Boneless and skinless pieces work best; thighs offer more flavor and tenderness.
- **Mushrooms:** Button or cremini mushrooms add earthiness and texture.
- **Shallots or onions:** For a subtle sweetness and depth of flavor.
- **Garlic:** Adds aromatic richness.
- **Heavy cream or crème fraîche:** To create that luscious, velvety sauce.
- **Chicken stock or broth:** Forms the base of the sauce and enhances the savory notes.
- **Butter and flour:** For making a roux to thicken the sauce.
- **Fresh herbs:** Parsley, thyme, or tarragon complement chicken beautifully.

- **Salt and pepper:** Essential for seasoning.

Step-by-Step Guide to Making Chicken Vol Au Vent

Preparing the Puff Pastry Shells

Start by preheating your oven according to the puff pastry package instructions, usually around 400°F (200°C). Roll out the puff pastry sheets on a lightly floured surface. Using a round cookie cutter or a glass, cut out circles — these will be the bases of your vol au vent shells. Then, use a smaller cutter to cut out the centers of half the circles, creating rings.

Stack one solid circle with a ring on top and gently press the edges to stick them together. This layering forms the characteristic hollow shell with raised sides that can hold the filling. Brush the edges with a little beaten egg to help them brown beautifully. Bake the pastry shells until puffed and golden, about 12-15 minutes. Once baked, gently press down the centers to create room for the filling.

Making the Creamy Chicken Filling

While the pastry is baking, prepare the filling. Dice the chicken into bite-sized pieces. Heat butter in a pan over medium heat, then sauté chopped shallots and garlic until fragrant. Add the mushrooms and cook until they release their moisture and start to brown.

Next, add the chicken pieces and cook until they're just done—avoid overcooking to keep the meat tender. Sprinkle flour over the mixture to create a roux, stirring continuously to avoid lumps. Slowly pour in chicken stock, stirring until the sauce thickens. Lower the heat and stir in the cream, allowing the sauce to become silky and rich. Season well with salt, pepper, and freshly chopped herbs.

Assembling the Vol Au Vent

Once the puff pastry shells have cooled slightly, spoon the warm chicken filling generously into each shell. Garnish with extra parsley or a sprinkle of fresh tarragon for a burst of color and flavor. Serve immediately for the best texture—the contrast between the crisp pastry and creamy filling is simply irresistible.

Tips to Perfect Your Chicken Vol Au Vent

To elevate your chicken vol au vent, consider these helpful hints:

- **Use high-quality puff pastry:** The flakiness of the pastry is crucial. Homemade is a bonus, but good store-bought works wonderfully.
- **Don't overfill the shells:** Too much filling can cause the pastry to become soggy.
- **Fresh herbs make a difference:** Thyme, tarragon, or parsley brighten the rich sauce and balance the flavors.
- **Cook chicken just right:** Overcooked chicken becomes dry, so keep an eye on it.
- **Add a splash of white wine:** Deglazing the pan with wine after sautéing mushrooms and shallots adds depth.
- **Serve immediately:** Vol au vent tastes best fresh out of the oven to maintain the crispness of the pastry.

Variations on the Classic Chicken Vol Au Vent Recipe

One of the most exciting aspects of this dish is how adaptable it can be. You can experiment with various ingredients to suit your taste or dietary preferences.

Mushroom and Herb Vol Au Vent

Skip the chicken and focus on a variety of wild mushrooms sautéed with garlic, shallots, and fresh herbs in a creamy sauce. This vegetarian version is just as satisfying and makes a great appetizer.

Seafood Vol Au Vent

Swap chicken for shrimp, scallops, or crab meat. The creamy sauce can be enhanced with a touch of lemon zest and dill for a fresh, coastal twist.

Cheese and Spinach Filling

For a rich vegetarian alternative, mix sautéed spinach with creamy ricotta or cream cheese and a sprinkle of nutmeg inside your pastry cases.

Serving Suggestions to Complement Your Chicken Vol Au Vent

Chicken vol au vent is often served as an elegant appetizer or a main course. Pair it with light, fresh sides to balance the richness:

- A crisp green salad with a tangy vinaigrette
- Steamed asparagus or green beans
- Roasted baby potatoes or a simple herb rice pilaf
- A glass of white wine like Chardonnay or Sauvignon Blanc

These accompaniments will highlight the creamy, savory qualities of the vol au vent without overwhelming your palate.

Bringing classic French cuisine into your home kitchen doesn't have to be intimidating. With this approachable chicken vol au vent recipe, you get to enjoy a dish that's both sophisticated and comforting. The combination of flaky pastry and creamy chicken filling offers a delightful contrast in texture and flavor that's sure to impress. Plus, the flexibility of the recipe means you can adapt it to what you have on hand or your personal tastes. So next time you want to create something special, give this recipe a try—you might just create a new favorite!

Frequently Asked Questions

What is a chicken vol au vent?

A chicken vol au vent is a classic French dish consisting of a puff pastry shell filled with a creamy chicken and mushroom sauce.

How do you make the puff pastry shell for chicken vol au vent?

You can make puff pastry shells by cutting store-bought puff pastry into rounds, stacking smaller rounds on top of larger ones, and baking them until golden and puffed to create a hollow shell.

What ingredients are typically used in the chicken filling?

The chicken filling usually includes cooked chicken pieces, mushrooms, onions or shallots, garlic, cream, butter, flour, chicken stock, and seasoning such as salt, pepper, and herbs like thyme or parsley.

Can I prepare chicken vol au vent ahead of time?

Yes, you can prepare the chicken filling a day in advance and refrigerate it. The puff pastry shells are best baked just before serving to maintain their crispiness.

What is the best way to serve chicken vol au vent?

Chicken vol au vent is best served hot as an appetizer or main dish, often accompanied by a fresh salad or steamed vegetables.

Are there vegetarian alternatives for chicken vol au vent?

Yes, you can substitute the chicken with vegetables like mushrooms, spinach, or a mix of seasonal vegetables, and use a vegetable-based cream sauce for a vegetarian version.

How can I make the sauce for chicken vol au vent creamy and flavorful?

To make a creamy and flavorful sauce, sauté onions and mushrooms in butter, add flour to create a roux, gradually whisk in chicken stock and cream, then season with salt, pepper, and herbs until thickened.

Additional Resources

Chicken Vol Au Vent Recipe: A Classic French Delight with a Modern Twist

chicken vol au vent recipe represents one of the enduring staples of French cuisine, celebrated for its delicate puff pastry shells filled with a savory, creamy chicken mixture. This dish, whose name literally translates to “windblown” or “blown with the wind,” evokes the lightness and elegance that puff pastry embodies. However, beyond its charming name and appealing presentation, the chicken vol au vent carries a culinary heritage that is both rich in tradition and adaptable to contemporary tastes.

Understanding the Essence of Chicken Vol Au Vent

Vol au vent is a classic French appetizer or main course, typically featuring hollow puff pastry cases generously filled with a mixture of meat, seafood, or vegetables in a creamy sauce. Among the many variations, the chicken vol au vent recipe remains the most popular, largely due to chicken’s versatile flavor profile and widespread availability. The dish balances the crisp, buttery texture of the pastry with the velvety, flavorful filling, creating a harmonious eating experience.

The preparation of vol au vent involves two primary components: the pastry shell and the filling. The puff pastry, traditionally made from layers of dough and butter, must be baked to achieve an ideal rise and flakiness. Meanwhile, the filling usually consists of diced or shredded chicken simmered in a béchamel or white wine sauce, often enriched with mushrooms, herbs, and sometimes cream.

Historical and Culinary Context

Tracing the origins of vol au vent uncovers its roots in 18th-century French haute cuisine. The dish was popularized by Marie-Antoine Carême, a pioneering chef who elevated puff pastry preparations to new heights with his meticulous techniques. Over time, chicken vol au vent has transitioned from an exclusive aristocratic dish to a more accessible and homely favorite, especially in European and North American households.

Its enduring appeal is partly due to the balance of textures and flavors—light, flaky pastry juxtaposed with a rich, savory filling. The versatility of the chicken vol au vent recipe also allows for creative variations, ranging from the addition of exotic spices to the incorporation of seasonal vegetables, making it a continually evolving dish.

Key Components and Ingredients

Mastering the chicken vol au vent recipe requires attention to ingredient quality and preparation methods. Each component plays a crucial role in achieving the dish's signature taste and texture.

Puff Pastry: The Structural Backbone

High-quality puff pastry is essential for an authentic vol au vent. The pastry must be buttery enough to separate into delicate layers but sturdy enough to hold the filling without becoming soggy. While homemade puff pastry yields the best results, many cooks opt for store-bought versions due to time constraints. When baking, it is critical to ensure proper oven temperature—typically around 200°C (400°F)—to encourage maximal rise and prevent the pastry from becoming overly dry.

Chicken and Filling Composition

The chicken used in vol au vent is generally cooked beforehand, either poached or roasted, to retain moisture and tenderness. Breast meat is most commonly preferred for its lean texture, though thighs may be used for a richer flavor. The filling sauce often starts with a roux—equal parts butter and flour—combined with milk or stock to create a béchamel base. Mushrooms, shallots, and herbs such as thyme or parsley are frequently incorporated to add depth.

Some recipes introduce white wine or cream for additional complexity, balancing the richness of the dish. The final filling should be creamy but not overly thick, to easily fill the pastry while maintaining a luxurious mouthfeel.

Step-by-Step Preparation Techniques

Executing a chicken vol au vent recipe with finesse involves several precise steps:

1. **Prepare the Puff Pastry Shells:** Roll out puff pastry dough, cut into rounds or squares, and bake until golden and puffed. Using a smaller cutter, remove the center from half of the pieces to create a rim. Stack the rimmed pieces on top of the whole rounds to form hollow cases that can hold the filling.
2. **Cook and Shred the Chicken:** Poach chicken breasts in seasoned water or broth until tender. Once cooled, dice or shred the meat finely.
3. **Make the Filling Sauce:** Sauté mushrooms and shallots until softened. Prepare a roux by melting butter and whisking in flour, then gradually add milk or cream to form a smooth béchamel. Incorporate the sautéed vegetables, herbs, and chicken into the sauce, seasoning with salt and pepper.
4. **Assemble the Vol Au Vent:** Spoon the chicken filling into the baked puff pastry shells carefully to avoid breaking them.
5. **Optional Garnishes and Finishing Touches:** Some chefs add a sprinkle of fresh herbs or a drizzle of truffle oil to elevate the dish's aroma and presentation.

Common Variations and Enhancements

While the traditional chicken vol au vent recipe highlights a creamy chicken and mushroom filling, contemporary cooks often experiment with ingredients to suit dietary preferences or regional tastes. For example:

- **Seafood Vol Au Vent:** Replacing chicken with shrimp or crab for a maritime twist.
- **Vegetarian Options:** Using a medley of roasted vegetables or plant-based proteins instead of meat.
- **Spiced Fillings:** Incorporating curry powder, smoked paprika, or other spices for a bolder flavor profile.
- **Health-Conscious Modifications:** Substituting cream with Greek yogurt or using whole wheat puff pastry to reduce fat content.

These variations demonstrate the dish's adaptability while maintaining the characteristic puff pastry shell that defines vol au vent.

Comparative Assessment: Homemade vs. Store-Bought

One important consideration for anyone attempting a chicken vol au vent recipe is whether to make

puff pastry from scratch or rely on pre-made products. Homemade puff pastry offers unmatched freshness and control over ingredients, allowing a cook to tailor butter content and layering techniques. However, it is labor-intensive and requires considerable skill and time.

Store-bought puff pastry, on the other hand, provides convenience and consistent results, making the dish more accessible for home cooks and busy kitchens. The trade-off often lies in texture subtlety and flavor complexity. When opting for store-bought pastry, choosing premium brands with high butter content helps mimic the homemade experience.

Similarly, the choice between using fresh chicken and pre-cooked or canned options impacts the filling's quality. Freshly cooked chicken ensures better texture and flavor, crucial for an authentic vol au vent.

Flavor Profile and Presentation

The chicken vol au vent recipe offers a multi-dimensional flavor experience. The buttery, flaky crust contrasts with the creamy, herb-infused chicken filling, often brightened by subtle acidity from wine or lemon juice in some recipes. Mushrooms add an earthy note, while fresh herbs contribute aromatic complexity.

Presentation-wise, the vol au vent is visually appealing, with its golden pastry cases serving as edible bowls. This aspect makes it a popular choice for elegant dinners, buffets, or special occasions, where both taste and appearance are paramount.

Optimizing the Chicken Vol Au Vent Recipe for Home Cooking

For home cooks aiming to replicate restaurant-quality chicken vol au vent, attention to detail is paramount. Investing time in properly baking the puff pastry shells ensures they maintain their structure under the weight of the filling. Equally, balancing the sauce's consistency prevents the filling from being too runny or overly dense.

To simplify the process without sacrificing quality:

- Use high-quality, refrigerated puff pastry sheets for reliable puff and flakiness.
- Poach chicken with aromatics such as bay leaves, peppercorns, and garlic to infuse subtle flavor.
- Sauté mushrooms and shallots separately to develop caramelization before adding to the sauce.
- Season incrementally, tasting throughout to achieve the desired balance.
- Serve immediately after assembly to preserve the pastry's crispness.

These steps allow home cooks to appreciate the nuance of this classic French dish without requiring professional culinary training.

In sum, the chicken vol au vent recipe exemplifies a timeless French preparation that seamlessly blends simplicity with sophistication. Its enduring popularity is a testament to its adaptable nature and the pleasurable contrast between light pastry and rich filling. Whether prepared traditionally or adapted with modern twists, this dish continues to captivate palates around the world.

Chicken Vol Au Vent Recipe

chicken vol au vent recipe: Cookery for the Hospitality Industry Graham Dodgshun, Michel Peters, David O'Dea, 2012 A must-have book for thirty years, and now in its sixth edition, *Cookery for the Hospitality Industry* remains Australia's most trusted and reliable reference for commercial cookery students, apprentice chefs and those studying vocational courses in schools. It covers the essential skills, methods and principles of cookery as well as the core competencies listed within the Australian National Training Package for Commercial Cookery. This book provides trade apprentices and commercial cookery students with everything they need to know to achieve trade status and more. It is the only textbook that genuinely addresses the needs of Australian students by covering Australian qualifications and reflecting Australian conditions, ingredients and our unique cuisine.

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chicken vol au vent recipe: *The Big Book of Christmas Recipes* ,

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ultimately insists that things are pretty good—love endures, friends come through, there's plenty of gin. Unabashed and boisterous, McDonough's voice also coos with gratitude and aching tenderness. A vital book in multiple senses: read it and feel more alive." —Maggie Dietz

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Sailing—and making history—on the cusp of Prohibition, the Titanic defined drinking and dining styles of the Edwardian era. Societal lines were distinctly drawn as never before. Laden with never-before-experienced luxuries in all three classes, the Titanic set an unprecedented standard and created a time capsule that continues to draw intense interest even 110 years later. Veronica Hinke has curated a culinary narrative that informs and provides new and thrilling insights on what passengers and crew experienced. *The Last Night on the Titanic* is based on carefully researched and studied historic news articles, menus, and books, as well as dozens of intimate interviews with experts and family members of passengers and crew. Recipes related to moving stories of tragedy and survival are interspersed throughout and easy for readers to make at home, including: · Recipes for English spring pea soufflé, apple meringue, and more mouthwatering Titanic foods · Drink recipes from the hotels that first class passenger John Jacob Astor IV established that still carry on today—including the original martini · True and accurate accounts of the real Margaret “Unsinkable Molly” Brown · Letters from passengers that were received days after the sinking, including one to legendary journalist HV Kaltenborn. · True stories from his family members about what really happened to Chief Baker Charles Joughin “We all think about what our last meal would be. On her maiden voyage, guests on the world’s most famous passenger ship, the RMS Titanic, were dining on the finest foods prepared by the best French chefs and toasting with the best champagne, not knowing that it would be their last meal. Veronica Hinke has taken a story that we all know so well and interwoven delicious recipes that, while historic and old, are classic and worthy of any modern-day table. She has unearthed a vibrant culinary subtext that often left me breathless and dreamy-eyed. She skillfully captures the magical flavor of a fascinating era in our history. Two spatulas raised in adulation.” —Chef Art Smith, former personal chef to Oprah Winfrey “A rich and fascinating addition to Titanic literature. If a book can be compared to a soft, warm sweater, that’s exactly how I’d describe Veronica Hinke’s *The Last Night on the Titanic*. The reader will find the text on each page purred with anecdotes and personal details about the luxury liner’s passengers and crew and want to snuggle deeper into each story and recipe.” —Rick Archbold and Dana McCauley, co-authors, *Last Dinner on the Titanic* “Congratulations on a well-researched book!” —Yvonne Hume, Great-niece of Titanic First Violinist John (“Jock”) Hume

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Many recipes in *Yenni in the rhythm of everyday* are thought of as Hungarian but in fact they are an international mix of dishes that over the centuries were adjusted to the seasons, harvest and lifestyle of Hungary.

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