

# patty shells with chicken and asparagus

**Makes 4 servings**

RECIPE FROM: Daniel Lund, SAS Denmark via [Mad & Monopolet](#)

COOK TIME: 2-3 hours

## CHICKEN AND STOCK

1lb whole chicken, preferably organic  
5 bay leaves  
1 sprig of thyme  
1 sprig of rosemary  
10 whole peppercorns  
3 carrots  
3 celery stalks  
1 leek  
1 onion  
Salt, to taste

## PATTY SHELL, FILLING AND TOPPING

2 Tbsp butter  
2 Tbsp flour  
16 oz chicken stock  
16 oz milk  
12 pre-made tart shells  
20 pieces fresh white and/or green asparagus  
4 cherry tomatoes, sliced, for garnish  
small bunch of parsley, chopped, for garnish  
freshly ground black pepper

## NOTE ABOUT THE RECIPE FROM DANIEL

This is one of the most iconic dishes in Denmark and is also one of my personal favorites that I have enjoyed since I was a little boy. Even though I am married to a professional chef, I still have a soft spot for my mom's recipe when cooking this dish – she does not skimp on the butter or cream for the sauce :)

## CHICKEN AND STOCK

PLACE whole chicken in a large stockpot and cover with water. Allow it to come to a boil, then reduce heat and cook until tender and cooked through (~1½ hours depending on the size).

ONCE done, remove chicken from pot, reserving cooking liquid. Let chicken cool a bit and then shred.

ADD herbs, peppercorns and vegetables to the stockpot along with the chicken carcass. Simmer for a few hours. The more it cooks, the more concentrated it will become.

REMOVE chicken carcass and strain out herbs and vegetables to produce about 16-25oz of liquid (chicken stock). Season with salt, to taste.

## PATTY SHELL, FILLING AND TOPPING

Melt butter in a large saucepan over medium-high heat then add flour and stir well.

ADD homemade chicken stock a little at a time, stirring well.

ADD milk slowly, continuing to stir. Allow it to come to a boil so the flour taste will cook out, then turn heat off.

BLANCH asparagus in lightly salted boiling water for approximately 3 minutes. Slice and add to reserved shredded chicken.

HEAT tart shells in the oven until warm.

STIR together shredded chicken, asparagus and sauce then scoop into individual patty/tart shells.

GARNISH with tomatoes, parsley and black pepper.

