NORDIC · DINNER

Kyllingefrikassé (Danish Chicken Fricassee with Vegetables)

Kyllingefrikassé

90 min · Serves 4 · 682 kcal a serve · Video 10:02 in Danish · James' køkken

Nut-free

Poached chicken and four kinds of vegetables in a cream sauce thickened with just a spoonful of flour: about 55 g of protein, 7 g of fibre and 19 g net carbs a serve.

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Ingredients 19 · SERVES 4

- [ ] 1 large **chicken** (about 1.8 kg), poached and the meat picked off
- [ ] 2 **onions**, roughly chopped (for the broth, then discarded)
- [ ] 3–4 **celery** stalks, roughly chopped (for the broth, then discarded)
- [ ] 2–3 **carrots**, roughly chopped (for the broth, then discarded)
- [ ] 4–5 **cloves**
- [ ] 2–3 **bay leaves**
- [ ] a few **black peppercorns**, for the broth
- [ ] **chicken stock** (a light one), about 2 litres to poach; about 1 litre ends up in the sauce
- [ ] 200 g **fresh peas**, podded
- [ ] 8 small **carrots**, cut into bite-size pieces
- [ ] 12 **green asparagus spears**, tips set aside, stems cut into pieces
- [ ] 1 small **cauliflower**, in small florets
- [ ] 1 heaped tbsp **butter**
- [ ] 1 heaped tbsp **plain flour**
- [ ] 250 ml (2½ dl) **cream**
- [ ] **salt**
- [ ] **black pepper**
- [ ] a small pinch of **sugar**
- [ ] chopped **fresh parsley**, to serve

Contains: Gluten, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roughly chop the onions, celery and carrots and put them in a large pot with the chicken, cloves, bay leaves and a few peppercorns. Cover with light chicken stock, bring to the boil and skim. 1:20
2. Put the lid on and simmer the chicken very gently for about 50 minutes. 2:02
3. Meanwhile prepare the vegetables: pod the peas, cut the tips off the asparagus and set them aside with the peas, cut the asparagus stems and carrots into bite-size pieces, and divide the cauliflower into small florets. 2:23
4. Lift out the chicken to cool. Strain the broth (discard the soup vegetables) and return it to the pot. Cook the carrots in it for 3–4 minutes, add the cauliflower for a couple of minutes, then the asparagus pieces; keep them a little crisp and lift them out. 3:45
5. Let the broth boil down a little for more flavour while you pick all the meat off the chicken and cut it into bite-size pieces. 4:54
6. Melt the butter, stir in the flour and cook for a couple of minutes. Whisk in about 1 litre of the broth to a sauce thinner than a stew, simmer a few minutes, then add the cream and season with salt, pepper and a pinch of sugar. 5:45
7. Simmer the peas and asparagus tips in the sauce for about a minute, then fold in the chicken and the cooked vegetables and heat through. Serve with chopped parsley. 7:49

> **Tip** Serves 4, as his written recipe says. In the video he cooks two smaller chickens for 6–8, with about 2 tbsp each of butter and flour and the same 250 ml cream. Danes eat it with boiled new potatoes; it freezes well.

The method is a summary in our words, in English — the video (in Danish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
682 kcal	55 g	27 g	7.5 g	40 g	1,240 mg
2,850 kJ	110% of a day	19 g net · 11 g sugars	27% of a day	20 g saturated	54% of a day
		10% of a day		51% of a day	

Energy from net carbs 12% · protein 34% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 94% · Vitamin A 89% · Vitamin K 78% · Vitamin B6 69% · Vitamin C 65% · Zinc 39% · Folate 35% · Iron 29% · Vitamin B12 28% · Potassium 27% · Magnesium 24% · Omega-3 23%

Source of (10–19%) Vitamin E 13% · Calcium 12%

⚠ One serve has about 54% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: James' køkken (@JPriceDK) on YouTube — youtube.com/watch?v=b7JyockT-K8, published 21 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kyllingefrikasse-danish-chicken-fricassee