



[*Poulets & Légumes: My Favorite Chicken & Vegetable Recipes*](#) by Jacques Pépin © 2018 by Jacques Pépin. Published by Rux Martin Books/Houghton Mifflin Harcourt.

Our Summary:

Famed French chef, Jacques Pépin, in his latest book [*Poulets & Légumes: My Favorite Chicken & Vegetable Recipes*](#), curates a collection of his favorite chicken and vegetable recipes to answer the question, how should I cook my chicken *tonight*?

Straightforward, with no photographs – though Pépin does include his whimsical paintings as illustrations – this small book gives you your answer. Pépin includes recipes that range in style from French country to classic French haute-cuisine. Written in the classic Pépin style you can prepared any dish in just a few steps and feel confident that the finished product is worthy of any guests gathered at your table.

What you need to know:

Get it: [*Poulets & Légumes: My Favorite Chicken & Vegetable Recipes*](#) by Jacques Pépin © 2018 by Jacques Pépin. Published by Rux Martin Books/Houghton Mifflin Harcourt, April 3, 2018 (Hardcover \$15.99; [Amazon \\$11.99](#); [Kindle: \\$9.99](#))

See it: 128 pages, divided into two sections aptly called, *Poulets* and *Légumes*, with an index that includes cross-references by ingredients used in the recipes to help you land on what you want quickly. While there are no photographs of the dishes, Pépin includes his paintings as illustrations – whimsical chickens and vegetables.

Make it: 29 chicken recipes and 39 vegetable side-dish recipes.

Chef Donna's Review:

Short cookbooks are not the norm. Short single-subject cookbooks even more rare. But flip through [*Poulets & Légumes*](#) and you might wonder why we need so many choices. In 128 pages, French chef Jacques Pépin gives you everything you need for a month's worth of different chicken and vegetable dishes, each with a different approach, but all relatively easy and all with a classic French feel.

This collection of previously published recipes by Pépin includes a wide-variety of cooking styles canvassed by this world-famous French chef throughout his career. With [*Poulets & Légumes'*](#) classic country-styled offerings such as *Chicken Chasseur* (a French stew similar to the Italian *cacciatore*) or *Chicken Jardinière* (another French stew with vegetables), and *Baker's Wife Potatoes*, you have a lot of options for one-pot family meals. Still, Pépin offers some of his more refined style in *Roast Split Chicken with Mustard Crust*, *Roast Chicken*, and *Poulet à la Crème*, worthy of any special gathering you are cooking for.



Still, keep [Poulets & Légumes](#) in context. Because of the strong French influence, many of the names are misleading. You might want to skip over something because the name *suggests* there's a lot of fat or cream in it, or your chicken is deep fried. Don't. If there is a criticism of this book it is simply that. The recipe names are misleading. Most of the chicken recipes begin with poached, roasted or sautéed chicken. When cream is used, it's to make a finishing sauce; flavorful fats are added to layer flavor, not calories!

Whatever your preferred method is for cooking chicken, you'll find something here that makes you rethink your approach. And that is what makes [Poulet & Legumes](#) worth a serious look. With recipes for *Chicken Breast with Garlic and Parsley* to *Peking-Style Chicken*, to *Grilled Chicken Tenders with Chimichurri* and then vegetable dishes like *Caramelized Tomatoes Provençal*, the recipes cover all four seasons so you're never without ideas or inspiration.

The vegetable section, too, is precise and straight-forward. It includes the sides you'd expect to see with chicken. Green beans, potatoes, corn, cauliflower, carrots, Brussels sprouts and asparagus all make an appearance here. And, in his effortless way, Pépin keeps all the recipes in [Poulets & Légumes](#) concise. Most can be prepared and on the table within 30 to 60 minutes.

For the most seasoned of cooks, for the absolute beginner, Jack Pépin's [Poulets & Légumes](#) is a countertop mainstay. You'll up your chicken and veggies game, thrill your family and friends, and never have to reach for much more than what you have on hand in your pantry.

RECIPES TO COOK FROM: [Poulets & Légumes: My Favorite Chicken & Vegetable Recipes](#) by Jacques Pépin © 2018 by Jacques Pépin. Published by Rux Martin Books/Houghton Mifflin Harcourt.

[Chicken Breasts with Garlic and Parsley](#)

Chef Donna's Notes:

[Wondra flour](#) is a brand name instant flour made by Gold Medal Flour. Instant flour is a low protein flour that has been pre-cooked and dried. There are recipes for substitutes on the internet. Some grocery stores sell their own brand but refer to it as "[pan-searing flour](#)." There are also gluten-free pan-searing flours available in some gluten-free sections of better stocked grocery stores.

[Chicken Mayonnaise](#)

Chef Donna's Note:

For tips on how to perfect peel your hard-boiled eggs listen to our podcast [Season 1 Episode 21 – Breakfast for Dinner](#).

[Corn and Shallots with Sun-Dried Tomatoes](#)