

Savoring A Simple Yet Classic Taste Of France

(NAPSA)—Enjoying the savory charms of French cooking can be easier than you might imagine, if you remember to stock the right ingredients.

One example is Pernod, a versatile, anise-flavored spirit that can add distinctive French flavor to many dishes.

Poussin Pernodine is a classic French recipe that's bright with flavor and well suited for simple dinner parties or a quick and delicious meal at home. This dish can be a great way to celebrate Bastille Day or any day. Classic herbs enhance the flavors of fish and poultry, and a bit of Pernod works like a bouquet garni.

Poussin Pernodine

- 1 teaspoon fennel seeds
- 2 tablespoons (1 oz.) butter, cut into small pieces
- 1 teaspoon mixed dried herbs
- 2 tablespoons grated lemon rind
- 1 tablespoon chopped parsley
- Salt and freshly ground pepper
- 2 tablespoons oil
- 4 poussin (you can substitute 2 Cornish game hens or 4 whole chicken breasts, skin on and bone in)
- ½ pint chicken stock
- 1 tablespoon Pernod
- 2 egg yolks
- ½ cup (4 ozs.) light cream or half and half

Directions:

1. Mix together the fennel seeds, mixed herbs, parsley, salt and pepper. Sprinkle the



Delicious herbs and a dose of anise-flavored spirit create a flavorful treat that's well suited to dinner parties.

mixture over the inside and outside of the poussin.

2. Heat the oil in a large casserole, add the poussin and fry on all sides until golden brown. Add the stock and Pernod and bring to a boil. Reduce the heat, cover and cook gently for 40-45 minutes until the poussin are tender.

3. Remove the poussin from the stock and keep warm while preparing the sauce. Blend together the egg yolks and cream, add to the stock and cook gently, stirring, until the sauce is thickened. Do not allow to boil. Add the butter, one piece at a time, stirring constantly. Taste and adjust seasoning if necessary.

4. Mix the parsley and lemon rind. Place each poussin on a plate, pour the sauce around it and sprinkle with parsley and lemon.

For more information, including cocktails and recipes, as well as history on Pernod, visit www.pernod-usa.com