

Poulard de Bresse truffée mère Brazier

Mère Brazier's Truffled Bresse Hen

(4 servings)

Eugénie Brazier, known as "la mère Brazier" was a [French chef](#) who, in 1933, became the first person and woman to earn six [Michelin stars](#). Brazier developed [Lyonnaise cuisine](#), a tradition with which her student, [Paul Bocuse](#) later found a worldwide success.



Ingredients:

- 1 Bresse Hen (about 3½ to 4 lbs) or another top-quality free-range Hen
- 8 lg Truffle slices
- ½ Lemon
- 1 med Onion, studded with a few cloves
- 4 Leeks, white parts only
- 7 oz new Carrots
- 5 oz white Turnips
- 1 stick Celery
- Salt & Pepper

Directions:

Take a prepared hen and slip four truffle slices under the skin of the breasts and two at each thigh. This is called encrusting.

Then rub a little lemon over the entire hen and truss it.

Pour 16 cups water into a pot and season with salt and pepper.

Add the onion studded with cloves, the leek whites, carrots, turnips, and celery stick.

Bring the water to a boil and then place the hen in it.

Leave the pot on very low heat so it just simmers.

The hen must be gently poached.

Allow 40 to 50 min for a hen weighing 4 lbs.

Serve it with its broth, all the veggies and a garnish of rice pilaf.