

## Chicken & Mushroom Orzo Casserole チキンときのこのオルゾグラタン風

Serves: 4 | Dish: Emile Henry 24×20×4 cm | Oven:  
170°C

### Ingredients

#### Main:

- 300 g cooked chicken, chopped (鶏肉)
- 140 g orzo (オルゾ)
- 720 ml ½-strength chicken stock

#### Mushrooms & Vegetables:

- 350–400 g mixed mushrooms (きのこ)  
(Recommended: shimeji + maitake + cremini)
- 80 g red onion, sliced (赤玉ねぎ)
- 2 tsp / 10 g garlic, minced (にんにく)
- Optional: 40 g spinach (ほうれん草)

#### Seasoning:

- ½ tsp salt + pinch MSG (塩+MSG)
- ½ tsp black pepper
- ¾ tsp dried thyme
- Optional: pinch rosemary

#### Liquid & Finish:

- 60 ml dry sherry or Marsala
- 180 ml soy milk (豆乳)
- 60 ml cream
- 15 g Parmesan cheese (パルメザン)
- 15 g walnuts, chopped (くるみ)
- 1 T parsley, chopped (パセリ)

#### Cooking:

- 2 T / 28 g olive oil (オリーブオイル)

### Instructions

1. Preheat oven to **170°C**.
2. In casserole dish combine:
  - **chicken**
  - **orzo**
  - **stock**
  - optional **spinach**
3. Stir thoroughly so orzo is submerged.
4. Heat **olive oil** in large skillet over **medium-high heat**.
5. Add **mushrooms**.
  - Cook aggressively until deeply browned.
  - Do not overcrowd pan.
  - Allow moisture to evaporate fully.
6. Reduce heat to **medium**.



7. Add **red onion, garlic, thyme**, salt + MSG, **pepper**, and optional **rosemary**.
  - Cook about **1 minute** until fragrant.
8. Add **dry sherry** or **Marsala**.
  - Cook until reduced by about half.
9. Add **soy milk** and **cream**.
  - Cook **2–3 minutes** until lightly thickened.
10. Stir **mushroom** mixture into casserole dish.
11. Cover tightly with foil.
12. Bake **35–45 minutes**.
  - Stir once halfway through baking.
  - Orzo should become tender and most liquid absorbed.
13. Optional:
  - Remove foil during final 5 minutes for slightly firmer top.
14. Top with **Parmesan, walnuts**, and **parsley** before serving.

### Notes

- Deep mushroom browning is the key flavor step in this recipe.
- Mixed mushrooms create much better flavor complexity.
- Soy milk plus small amount of cream gives lighter texture than half-and-half.
- This casserole reheats extremely well.
- A small green salad pairs beautifully.

### Nutrition

**Per serving:** Kcal: 470 | Protein: 31 g | Fat: 18 g | Sat Fat: 5 g | Carbs: 43 g |  
Sugars: 5 g | Fiber: 4 g | Sodium: 540 mg | Omega-3: 0.5 g

**Total dish:** Kcal: 1880 | Protein: 124 g | Fat: 72 g | Sat Fat: 20 g | Carbs: 172 g |  
Sugars: 20 g | Fiber: 16 g | Sodium: 2160 mg | Omega-3: 2.0 g