

Chicken breast, thyme and chorizo, roasted garlic mashed potatoes, caramelized bacon, walnut and pine nuts sauce

Recipe for 4

Description

A chicken breast, cooked sous-vide, with a sauce vierge.

Note

This recipe can be adapted to other types of proteins, but you must change the temperature and cooking time.

Ingredients

Slow cooked chicken breast

- 4 Unit(s) Chicken breast
- 5 Gr Sea salt flakes
- 10 Gr Freshly ground black pepper
- 1 Unit(s) Thermocirculateur
- 4 Sprig(s) Thyme
- 2 Clove(s) Garlic

Mashed potatoes

- 500 Gr Baby potatoes
- 50 Gr Butter
- 1 Head(s) Garlic

Sauce vierge

- 200 Gr Cherry tomatoes
- 1 Unit(s) French shallot
- 25 Gr Pine nuts
- 20 Gr Capers
- 6 Sprig(s) Parsley
- 30 Ml White balsamic vinegar
- 100 Ml Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **425 F°**

To prepare before class

Make sure all your ingredients are out of the fridge. The breasts are sous-vide with the garlic and thyme, your thermocirculator at 72C or 161F.

Wash the potatoes.

Prepare to small pieces of aluminum paper.

Olive oil, salt and pepper.

Prep with the chef

Put the whole garlic bulb in the aluminum papers, nicely closed and cook for 35 minutes in the oven. Chop the parsley.

Chicken breasts

Once your water is at the good temperature, put in your sous-vided chicken for 45 minutes minimum. Once cooked, get them out of the bag, season them with some salt and pepper and sauté them in a frying pan with some butter for a nice coloration only. Serve !

Yukon Gold mashed potatoes

Mix the roasted garlic with the cream and butter and heat the whole mix then blend everything with a hand blender. Place the potatoes pieces in a saucepan and cover with cold water. Bring to a boil and cook over medium heat for 25 minutes. Drain the water and mash with a potato masher. Add the garlic cream in mashed potatoes and season with salt and pepper. Using a hot pan, cook the bacon until browned then drain the excess of grease on a sheet of paper towels then mix with mashed potatoes.

Sauce

Using a baking sheet Roast the pine nuts in the oven for 4 minutes and roast the hazelnuts in the oven 6 minutes, let them cool down then crush them.

Mix all the ingredients for the sauce. Season with salt and pepper

Plating

Put the chicken breast in it's plate with the potato purée et finish the the sauce vierge.

But this is just our way, trust your instincts and let your creativity guide you.

Bon appétit!