

Grain fed chicken, Bouguignon garnish, roasted root vegetables, Parmesan polenta |

Recipe for 4 portions



Description

Grain fed chicken, Bourguignon garnish with roasted root vegetables, parmesan polenta and fresh chives.

Note

Carefull when seasoning the bourguignon garnish, bacon will always bring saltiness, so most of the time you will only need to season with pepper.

You can use any cheese you like for the polenta if you feel like changing it up.

Ingredients

Bourguignon style chicken

- 600 Gr Chicken thigh
- 125 Gr Frozen pearl onions
- 125 Gr Button mushrooms
- 100 Gr Bacon
- Butter
- Salt and pepper
- Vegetable oil

Roasted root vegetables

- 200 Gr Parsnip
- 200 Gr Carrot
- 200 Gr Celeriac
- 250 Gr Baby potatoes
- 150 Gr Onion
- 4 Sprig(s) Parsley
- 2 Clove(s) Chopped garlic
- 2 Sprig(s) Thyme
- Butter
- Salt and pepper
- Vegetable oil

Cheese polenta

- 200 Ml Milk
- 75 Ml Water
- 100 Gr Fine cornmeal
- 20 Gr Butter
- 25 Gr Grated parmigiano reggiano

- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Preparation

Wipe and quarter the paris mushrooms.

Remove the skin or membrane and cut the bacon into chunks or cubes.

Peel the celeri root and cut into big matchsticks (julienne).

Peel the carrots and cut into big matchsticks (julienne).

Cut the new potatoes in two.

Chop the parsley.

Peel and chop the onion.

Bourguignon style chicken

Season the chicken. In a hot frying pan with a thread of oil, sear the chicken on both sides. Remove from the pan and place on an ovenproof pan and finish cooking in an oven for 20 minutes.

In a frying pan with oil, a bit of butter and a bit of water, cook down the pearl onions.

In a hot frying pan, sauté the bacon, then add the mushrooms and sauté for another 2 minutes. Add the pearl onions, season and stir. Keep warm.

Root vegetables

In a hot frying pan on high heat with a thread of oil, sweat the onions briefly and then add the root vegetables. Cook for about 3 minutes. Transfer the vegetables to a baking sheet and sprinkle with garlic and thyme, season, mix well, then place in the oven for about 40 minutes. Mix a few times throughout the roasting, and check for tenderness to avoid over cooking them. Sprinkle with parsley just before serving.

Cheese polenta

In a sauce pot, bring the milk with a pinch of salt to a boil. Reduce to medium heat and add the polenta slowly. Do not stop stirring with a whisk to avoid the polenta sticking or making chunks. Cook for about 15 minutes while continuing to stir occasionally with a spatula. Remove from heat and add the parmesan cheese, taste and adjust seasoning accordingly. Pour onto a baking sheet lined with saran wrap and place in the fridge to cool. Once fully cooled cut into 10cmx3cm rectangles. In a hot frying pan with butter, fry on all sides until you reach a nice golden color. Set aside and keep warm.

Plating

On a plate of your choice, place two polenta sticks in the center. Place a generous serving of roasted vegetables on top. Next, place 2 pieces of chicken on top of the vegetables and finally top with the bourguignon garnish.

Bon appétit!