

Lemongrass, sesame, cashew and ginger chicken, chayote and apple banana gratin

Recipe for 4

Description

Martinique island flavored chicken, surprising combinations!

Note

The banana proposed in this recipe has a slightly sour taste that is similar to that of an apple. They are eaten very ripe. If you cannot find this variety of banana, you can replace them with mini bananas or any other banana.

Ingredients

Béchamel

- 40 Gr Butter
- 40 Gr Flour
- 300 Ml Milk
- 100 Ml 35% cooking cream
- 0.50 Unit(s) Nutmeg
- 1 Unit(s) Apple banana
- 2 Clove(s) Garlic

- Salt and pepper
- Vegetable oil
- Olive oil

Chicken

- 4 Unit(s) Chicken breast
- 20 Gr Fresh ginger
- 15 Gr Cashew nuts
- 10 Gr White and black sesame seeds
- 50 Ml Soy sauce
- 1 Sprig(s) Lemongrass

- Salt and pepper
- Vegetable oil
- Olive oil

Chayote gratin

- 1 Unit(s) Chayote
- 2 Unit(s) Green onion
- 200 Gr Gruyere cheese

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **380 F°**

Preparation

Cut the chicken into big cubes.

Peel and finely chop the ginger.

Peel and grate the chayote.

Make a purée from the bananas and garlic.

Chop the cashews.

Finely slice the lemongrass.

Béchamel

melt the butter and add the flour in a medium sauce pot. Stir with a wooden spoon and continue to cook without allowing it to brown. This is a white roux.

Bring to a simmer the cream and milk with the nutmeg in another sauce pot.

Slowly pour the milk and cream mixture onto the roux while whisking continuously and lower the heat.

Continue to whisk for about 2 minutes on a gentle simmer.

Remove from the heat and add the garlic and banana purée and then season to taste.

Chayote Gratin

Lay the chayote and scallions along the bottom of a baking dish. Cover with the béchamel and sprinkle with grated cheese. Place in the oven at 380°F for 20 minutes. You can broil for 2-3 minutes to make sure the cheese takes a nice color.

Chicken

Sear the chicken in a hot skillet with a little oil. Once you have obtained a nice color, add the cashews, sesame seeds and lemon grass.

Once the chicken is almost cooked through, deglaze with soy sauce. Let reduce just a bit and just make sure the chicken is properly cooked before serving.

Be careful when seasoning as soy sauce is quite salty, adjust seasoning accordingly.

Plating

On a round plate, place the gratin in the center. On the side, place the chicken and a generous amount of sauce. Add some greens for a nice fresh look.

Bon appétit!