

Slow cooked chicken breast, thyme and chorizo, roasted garlic mashed potatoes, caramelized bacon, walnut and pine nuts sauce

Recipe for 2

Description

Chicken breast cooked sous-vide with thyme and chorizo then pan seared in butter served with roasted garlic Yukon Gold mashed potatoes, caramelized bacon, fresh chey tomatoes, walnut and pine nuts sauce

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

- 2 Unit(s) Chicken breast
- 60 Gr Spanish chorizo
- 1 Sprig(s) Thyme
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Freshly ground black pepper
- 3 Clove(s) Garlic

Mashed potatoes

- 300 Gr Baby potatoes
- 60 Gr Bacon
- 30 Gr Butter
- 1 Head(s) Garlic
- 45 Ml 35% cooking cream

Sauce

- 100 Gr Cherry tomatoes
- 1 Unit(s) French shallot
- 1 Clove(s) Garlic
- 15 Gr Pine nuts
- 20 Gr Hazelnuts
- 3 Sprig(s) Parsley
- 1 Tbsp White balsamic vinegar
- 75 Ml Olive oil

Preparation

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

Set up

Slice the chorizo into thin slices. Slice the poultry's garlic in thin slices. Wrap the whole garlic head in foil and bake for 35 minutes, cool then peel. Peel the potatoes, rinse them well then cut into

cubes. Slice the bacon into cubes. Cut the tomatoes into small dice. Chop the parsley.

Slow cooked chicken breast

Fill your water container to receive the thermocirculateur and program it to 74 C (165 F). Put in your vacuum bag the chicken breast with chorizo slices, thyme and garlic slices. When your water temperature is reached, soak your vacuumed bag for 1:30 minutes minimum. Take the meat out of the bag season it then sear it in hot fry pan on each side, just to give it a color. Let rest 5/10 min rest before slicing and serving.

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

Slice the chicken breasts thinly. In each plate, make a nice dome of mashed potatoes using dough cutter, put the chicken slices on top and garnish with the sauce.

Bon appétit!