

# Vacuum cooked chicken breast with morel sauce, roasted potatoes with rosemary and root vegetables |

**Recipe for 4 portions**

## **Description**

A surprising dish technically speaking but still very accessible.

You are sure to satisfy your guests.

## **Ingredients**

### Chicken breast

- 4 Unit(s) Chicken breast
- 8 Leaf(ves) Sage
- Butter
- Salt and pepper
- Vegetable oil

### Morel sauce

- 150 Ml Veal demi-glace
- 75 Ml Red wine
- 75 Gr French shallot
- 50 Gr Morille mushroom
- 125 Ml 35% cooking cream
- Butter
- Salt and pepper
- Vegetable oil

### Fingerling potatoes

- 400 Gr Fingerling potatoes
- Butter
- Salt and pepper
- Vegetable oil

### Roots vegetables

- 4 Unit(s) Parsnip
- 4 Unit(s) Nantaise carrot
- Butter
- Salt and pepper
- Vegetable oil

## **Preparation**

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

### Prep

#### **Chicken**

Program your thermal immersion circulateur at 65°C (149°F) and start it once in the water bath.

Score the chicken breast and place sage leaves into the notches.

Place the breasts in the vacuum bags with two knobs of butter and vacuum seal them.

#### **Sauce**

Peel and chisel finely the shallots. Prepare your veal stock and keep it warm.

Rehydrate the morels (about an hour in warm water) and roughly chop them.

## **Potatoes**

Wash thoroughly the potatoes under clean water.

## **Root vegetables**

Peel the parsnips, the carrots, cut them lengthwise.

## Chicken

Immerse the vacuum sealed bags in the water tank. The cooking time is 1 hour at 65°C (149°F).

When ready to serve, sear the meat in a hot pan with a bit of oil (keep the pan for the sauce). The goal is to get them golden brown.

When ready to plate, slice the breasts in an angle, place it in the middle of the plate and give it some relief.

## Morel sauce

Sweat the shallots in the same pan you seared the breasts. Add oil if necessary. Add the morels. Deglaze with some wine, reduce almost completely, pour in your stock (300ml), add the cream (125ml).

Leave to simmer, season to taste, keep the sauce warm. It is possible to create some texture and more flavor by lightly blending the sauce.

## Fingerling potatoes

Dry the potatoes after washing them and cut them in half.

Put them all in a bowl, drizzle generously some olive oil, add the rosemary, salt and pepper.

Put the potatoes on a baking tray (garnished of parchment paper) and place it in the oven.

Count 30 to 45 minutes of cooking time, check every now and then.

## Root vegetables

Place the vegetables on a baking tray (with parchment paper), drizzle generously some olive oil, add thyme, salt and pepper. Place in the oven for 20 to 25 minutes depending on the size.

Put the broil on for a bit just before serving to give them a nice color.

## Plating and last touch

On a plate, place the breasts in the middle giving it some relief.

Put your veggies here and there all around to mix the colors.

Pour the sauce over and finish with some microgreens and freshly ground pepper.

**Bon appétit!**