



Chicken with smoked bacon and carrot puree

40'
Hands on

50'
Cook Time

2-4
Portion(s)

2
Difficulty



Ingredients

For the chicken

- 400 g chicken breast
- 8 slices bacon, smoked
- 50 g butter
- 1 tablespoon(s) olive oil
- salt
- pepper

For the carrot puree

- 500 g carrots, peeled and chopped into 3x3 cm
- 2 star anises
- 500 g stock, chicken
- 100 g butter
- salt
- pepper

For the red berry sauce

- 100 g stock, chicken
- 100 g raspberries
- 50 g cranberries
- 50 g butter
- 100 ml red wine, sweet
- 1 bay leaf
- 2 star anises

Method

For the chicken

- Preheat oven to 180* C (350* F) Fan.
- Spread a sheet of plastic wrap over a cutting board. Place the 4 slices of bacon over it, leaving enough space between them.
- Slice the chicken breasts in half, lengthwise and place each piece of chicken over a bacon slice. Season with salt and pepper. Divide half of the butter into 4 equal pieces and place each piece in the center of each chicken breast.
- Cut the plastic wrap in between each piece of chicken.
- Roll each piece to create a tight roll, holding the ends of the plastic wrap like a piece of candy.
- Fold the ends inward and wrap each roll securely in aluminum foil.
- Place a pot full of water over low heat. When it comes to a boil, add the wrapped chicken rolls and simmer for 30 minutes.
- When ready, remove from pot and set them aside to cool.
- Remove the aluminum foil and plastic wrap. Transfer on to paper towels to drain.
- Place a nonstick pan over heat. Add some olive oil and brown the chicken rolls on all sides.
- Transfer to a baking sheet and bake for 5 minutes.

For the carrot puree

- Melt half of the butter in a pot over medium heat.
- Add the star anise and the carrots. Sauté for 2-3 minutes.
- Add the chicken stock. Cover pot with lid and simmer for 10-15 minutes, until the carrots have softened but not turned mushy.
- When ready, remove the star anise and use a slotted spoon to transfer carrots to a blender.
- Beat and add as much liquid from the pot to make a smooth and creamy puree.
- Season with salt and pepper. Add the remaining butter and beat for another 30 seconds, until the butter has melted and is completely incorporated.
- Transfer to a bowl and set aside until needed.

For the red berry sauce

- In a pot, add the raspberries, cranberries, star anise and bay leaf. Simmer for 2-3 minutes, while mashing them with a hand whisk.
- Add the sweet wine and let it evaporate.
- Add the chicken stock and simmer until 1/3 of the liquid has evaporated.
- Remove from heat. Add the butter and stir until it is completely incorporated and the mixture is creamy and shiny.
- Pass mixture through a thin sieve and set it aside until needed.

To serve

- Deposit a tablespoonful of carrot sauce at the upper corner of a serving plate. Drag the tip of the spoon quickly towards the lower corner of the plate. It will leave a streak of carrot sauce behind it that will offer your plate a nice presentation.
- Cut the chicken roll into slices. Arrange them nicely on the plate.
- Add raspberries, cranberries or any forest fruits you like and drizzle with raspberry sauce.

Διατροφικός πίνακας

Nutrition information per portion

646 Calories (kcal)	49.0 Total Fat (g)	29.0 Saturated Fat (g)	13.0 Total Carbs (g)
32%	70%	145%	5%
12.0 Sugars (g)	35.0 Protein (g)	2.1 Fibre (g)	3.7 Sodium (g)
13%	70%	8%	62%

