

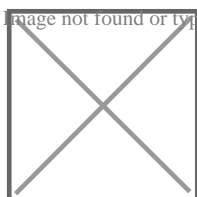
FREE RANGE CHICKEN BREAST, SEASONAL VEGETABLE TART, RED PEPPER FOAM WITH OLIVE OIL

Savoury recipe / by Lionel Lallement



1. Free range chicken breast

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Ingredients

Poultry (white with sleeve and skin) - 6

Melted butter - QS

Salt and pepper - QS

Sear in a pan in clarified butter, skin side down, season with salt and pepper and finish cooking in the oven. Leave the meat to rest wrapped in foil.

2.

Ingredients

Shortcrust pastry dough - 6
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Pesto - QS

Cut out 9cm diam. rounds of shortcrust pastry, roll out thinly, cook between two sheets at 160°C.

3. Selection of seasonal vegetables

Ingredients

Green onions

Garden-fresh carrots

Zucchini

Mangetout peas

Tomato confit

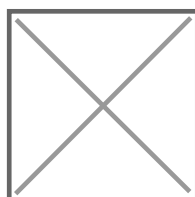
Broad beans

Girolles

Shallot

Mix together the olive oil and lemon puree and season.

4. Glaze



Ingredients

Frozen fruit purée 100% :
Lemon

Olive oil

Salt and pepper

Mix together the olive oil and lemon puree and season.
In this step

5. Red Pepper foam

Ingredients

Frozen vegetable purée 100% :
Red pepper - 250 g

Onion - 1/2

Garlic - 1 gousse

Olive oil - QS

Chicken broth - 80 g

Basil - 1/2 botte

Single cream 35 % - 80 g

Salt and pepper - QS

Chop the onion and garlic. Sweat in butter and deglaze with the chicken stock then the red pepper puree. Leave to cook over a low heat for 10 minutes, blend, strain through a conical sieve and season with salt and pepper. Reserve. To one side, whip the single cream then add the very finely chopped basil. When ready to serve, bring the pepper base to the boil, add the whipped cream and basil and bring back to a simmer.

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6. Assembling and presentation

Build the tarts by spreading a thin layer of herb pesto with pine-nuts on the shortbread pastry bases then attractively laying on top the selection of vegetables. Using a brush, glaze with lemon olive oil and fine sea salt. Place this tart on the right-hand side of the plate, slice the chicken breast, place on the left of the tart, pour over the red pepper foam and serve.

