



GROCCERS' HALL

SUPREME OF CHICKEN WITH SAFFRON RISOTTO

Serves 1

INGREDIENTS

180g	Corn-fed Chicken Breast
60g	Mixed Mushrooms
60g	Unsalted Butter
30g	Arborio Risotto Rice
20g	Freshly Grated Parmesan
2	Shallots, finely chopped
500ml	Vegetable Stock
	Olive Oil
	Fresh Tarragon
	Pinch of Saffron

METHOD

Preheat Oven to 180°C

The Chicken:

1. Heat a pan and add a little olive oil and a knob of butter.
2. Season chicken with salt and white mill pepper, then carefully place the chicken in the pan laying it away from you, skin side down. Brown on the skin side first and turn the chicken over and repeat the procedure.
3. Remove the chicken from the pan into a baking tray and place in a preheated oven for approximately 15 minutes. (If you have a temperature probe you need a core of 75°C, if not, pierce with a skewer and make sure the juices run clear.
4. Once the chicken is cooked, remove from the oven when cooked cover loosely with foil to keep it warm until the risotto is ready.

The Risotto:

5. Heat the vegetable stock to just under boiling and infuse the saffron in it.
6. Sweat the shallots down with the mushrooms in a little olive oil and butter, remove half and then add the rice and mix gently.
7. Add approximately 100ml of stock and allow the mix to gently simmer adding small amounts of stock as it evaporates checking until the rice is al dente.
8. At that point, mix in a little soft butter and add the parmesan, check the seasoning and adjust if necessary.
9. To present the dish spoon risotto in to your plate/dish and cut the chicken if desired and dress on the risotto.
10. Add chopped tarragon a little olive oil and seasoning to the reserved mushrooms and spoon over the chicken, present your dish.



Recipe by Graham Pratt, Sous Chef