

Chicken suprêmes roast with spices

Ingredients (serve 6):

- . 6 suprêmes (fine, chicken breasts)
- . 2 dl oil
- . Mixture of spices (curry, Herbes de Provence, Espelette pepper, cumin, salt, pepper)
- . 2 dl veal stock
- . 5 cl balsamic vinegar
- . 20g/0.70oz sugar
- . 80g/2.82oz butter

Preparation time: 15 minutes
+2 hours for marinade

Cooking time: 15 minutes

Preparation

Pre-heat the oven to 180°C (355°F).

Prepare a marinade with the mixed spices and the oil. Brush the suprêmes with this mixture. Place in an ovenproof dish and leave to marinate in a cool place for 2 hours if possible.

Sauce:

Caramelize the sugar with the vinegar, add the veal stock and simmer until thickened. Season and whisk in the butter. Keep warm in a bain-marie.

Cook the suprêmes in the oven for 10 to 15 minutes, depending on the thickness.

Presentation

Pour some sauce in the plate, place the chicken in the centre.

Serve with green vegetables.

Comments



*«My favorite wine:
Côtes-du-Rhône, intense and spicy»*

TASTING NOTES

*Intense nose of violet and black
fruits combined with peppery hints.
Full and spicy on the palate.*



My cheese selection
FOURMES D'AMBERT
FRANCE - AUVERGNE cow