



Culinary Masterclass

Sheraton Towers Singapore

Presented by:

Yann Barraud

Assisted by: **Didier Chanterfort** and **Nicolas Bernardé**
Le Cordon Bleu International

Stuffed Chicken Breast with Garlic and Spinach, Tarragon and Mustard Jus



Serves 4

INGREDIENTS

200g spinach
15g butter
100g garlic cloves, peeled
40 ml olive oil
4 chicken breasts
Salt and pepper, to taste

Tarragon and Mustard Jus

50g shallots, peeled and chopped
15ml olive oil
30ml brandy
150ml brown veal stock
½ bunch fresh tarragon, chopped
1 tbsp crème fraîche
1 tbsp grain mustard
Salt and pepper, to taste

Garnish

150g U.S potato, peeled and julienned
75g zucchini, julienned
1 tbsp chopped fresh thyme
30g butter, melted
Salt and pepper, to taste
onions, peeled and chopped
60g chopped garlic
10g olive oil, divided
60ml eggplant, divided
400g

Method:

- For the Stuffed Chicken Breast:** Sauté the spinach in the butter until just wilted. Season and set aside. Blanch the garlic for 3 minutes, drain well and then roast in olive oil in an oven until golden brown. Season and set aside. Remove a small fillet from the chicken breast and cut a pocket on either side. Stuff with the sautéed spinach and roasted garlic, seal with the small fillet. Pan-fry the chicken breasts in olive oil for 8 minutes, then remove them from the pan and set aside to rest.
- For the Tarragon and Mustard Jus:** In the same pan, sweat the shallots with olive oil until they are light brown and then deglaze the pan with the brandy and reduce until dry. Add the veal stock and simmer until a coating consistency is achieved. Add the tarragon and remove the pan from heat before adding the crème fraîche and mustard. Season and set aside.
- For the Garnish:** Drain all the water out of the julienned potato with paper towels and mix with the zucchini, thyme, butter and seasoning. Fry 3 small galettes of the mixture for each person in a hot pan until crispy, and drain on paper towels. Sweat the chopped onions and garlic in half of the olive oil until translucent and reserve. Cut 4 slices of the eggplant crossways. Pan-fry the slices in olive oil until crisp, then drain and set aside on kitchen paper. Cut the remaining eggplant in half lengthways, score the flesh, season and drizzle with the remaining olive oil.