

View from the Fridge – Recipes from Brian Donkin

Recipe # 32 – Chicken William Tell

Preparation time: 10 mins – Cooking time: 15 mins

Ingredients

3 chicken breasts, skinned and deboned
1 cooking apple, cored but leave skin on
½ wine glass of tart apple sauce (see Sauces and Side Dishes)
½ wine glass of double cream
1 tablespoon of brown sugar
1 measure of calvados
400gms of fresh asparagus tips
50gms butter
salt and pepper

Method

1. Place asparagus in hot boiling water, bring to the boil and simmer for 1 minute, strain and leave to one side.
2. Slice apple into 3 thick rings, sprinkle with brown sugar and brown under hot grill. Place to one side.
3. Place seasoned chicken breasts and butter in frying pan and cook on medium heat for 3 minutes. Do not brown. Turn over and put in hot oven for 7 minutes. Remove from pan and place chicken on plates.
4. Leaving the juice from the cooked chicken in the pan, add apple sauce, cream and calvados. Bring to the boil and then spoon over the chicken.
5. Put the asparagus through the apple rings and place on top of the chicken and serve with new boiled potatoes.

Serves 3

