

View from the Fridge – Recipes from Brian Donkin

Recipe # 43 – Chicken Breasts Wrapped in Bacon with Red Wine and Forest Mushrooms (Ceps)

Preparation time: 15 mins – Cooking time: 40 mins

Ingredients

4 chicken breasts
1 teaspoon of tarragon
250 gms of forest mushrooms (ceps) thickly sliced
1 glass of red wine
1 tablespoon of tomato puree
4 rashers of streaky bacon
1 tablespoon of flour
25 gms of butter
½ pint of chicken stock

Method

1. Wrap each chicken breast with a rasher of bacon
2. Place on baking tray and place in preheated oven (230 centigrade) for 12 minutes
3. Turn over and cook for a further 12 minutes
4. Remove tray from oven and chicken from tray
5. Slice chicken and bacon thickly – keep warm
6. Take butter, sliced mushrooms and tarragon and fry in the baking tray until the mushrooms become soft
7. Stir in flour and add chicken stock and red wine
8. Bring to boil and simmer for 10 minutes and pour over chicken
9. Serve with Bashed Root Vegetables and Creamed Potatoes (See Sauces and Side Dishes for recipes)

Serves 4

See next page for picture /.

