

Poached Chicken with Bread Sauce Parsley & Thyme



Serves 4

Prep 45mins

Cooking 30 mins

Challenge

Ingredients

4 chicken breasts (approx 140g each), skinned & boned
475ml semi-skimmed milk
2 onions, finely chopped
4 bay leaves
3 whole cloves
1/2 pot growing thyme
100g fresh breadcrumbs
4 tbsp fromage frais
1 tbsp corn flour dissolved in a little water
1/2 pack parsley finely chopped
grated zest of 2 lemons & a little lemon juice

1. Preheat the oven to 200C/ Fan 180C/ Gas 6. Remove all visible fat from the chicken and place in an oven proof dish.
2. Put the milk into a saucepan with the onions, bay leaves and cloves. Bring slowly to simmering point. Simmer for 5 mins. Pour over the chicken breasts.
3. Pick half the thyme leaves and add to the chicken. Cover and place in the oven for 15-20 mins until the chicken is cooked.
4. Remove the chicken breasts from the milk and keep warm. Strain the milk into a measuring jug, then divide between two saucepans.
5. Stir the breadcrumbs into one of the pans containing the milk and cook over a low heat until thickened. Stir in the fromage frais, then remove from the heat and keep warm. Season to taste.
6. Bring the milk to the boil in the second saucepan, then whisk in the dissolved corn flour - it should thicken the milk to a coating consistency. Add the chopped parsley and lemon zest and cook for 2 mins. Add a little lemon juice and season to taste. Liquidise and pass through a fine sieve.
7. To serve, spoon the bread sauce onto four plates and then slice the poached chicken and place it on top. Drizzle the parsley sauce around the chicken and then sprinkle the rest of the fresh thyme on top. Serve immediately.