

Poached chicken fillets with mustard

Chicken breast fillets can easily become dry if overcooked. An alternative way to cook fillets with great results is to poach them - no extra fat or oil is needed and poached fillets can be served with any sauce of your choice, or shredded and used in salads or wraps. For people who have to control their diets strictly, poaching is an ideal way to prepare chicken.

Ingredients

SERVES 6

6 chicken breast fillets
10 - 15 ml dried dill or basil
salt and freshly ground black pepper, to taste

SAUCE

250 ml milk (or ideal milk or half milk, half cream)
100 g dark chocolate, broken into pieces
30 g (30 ml) butter
50 ml sugar
15 ml cocoa
15 ml flour

Method

1. Place each fillet between 2 pieces of clingwrap and pound with a meat mallet or rolling pin to an even thickness.
2. Turn each fillet over and remove top piece of cling wrap. Sprinkle 2.5 ml herbs over fillet and season to taste.
3. Lift bottom piece of clingwrap to bring the fillet together and secure with a string to form a bundle. Do not tie too tightly - bundles might burst when poached.



4. Meanwhile, fill an AMC 20 cm Gourmet High two-thirds full with water. Heat over a medium temperature until the Visiotherm reaches the first red area.
5. Place bundles in water, cover with lid and poach over a medium heat for 10 - 15 minutes. Remove and place on a plate. Cut string, remove cling-wrap and keep chicken warm.
6. **Sauce:** Heat an AMC 16 cm Gourmet Low or High over a medium temperature and melt butter. Stir in flour to form a paste and add a little milk at the time. Stir well until absorbed and continue adding milk in the same way. Stir in cream and mustard and season to taste.
7. Slice fillets thinly and serve with sauce, vegetables and rice or couscous.

TIPS & VARIATIONS:

- Orange sauce: Substitute dill with 5 ml mustard per fillet. Substitute milk and sour cream with orange juice and chicken stock, season with 15 ml fresh chopped thyme.
- Add 1 small clove of garlic, crushed, 30 ml fresh chopped or 10 ml dried basil instead of mustard to sauce. Season with lemon juice. Use dried basil in fillets.
- 50 g blue cheese can replace mustard for a much richer sauce.