

C.T.V. 12.2.08

Valentines Week

Chicken Marengo for two

A touch of Italy and France

A dish created in the Italian province of Piedmont following one of Napoleon's victories

2 chicken breasts

½ chopped onion

½ garlic clove

2 chopped tomatoes

50mls brandy

8 prawns

2 small eggs (optional 2 quail eggs)

Olive oil

2 pieces of toast bread cut into heart shapes and grilled Italian style

Some chopped fresh herbs such as chervil, tarragon or parsley.

Cut chicken into finger sized pieces, peel the prawns, Peel and chop tomatoes.

Seal the prawns in a hot pan with the olive oil and a little of the garlic, cook briefly and keep aside, Sauté the chicken gently in the same pan along with the remaining garlic and onion until almost cooked, deglaze the pan and flame the brandy. Add tomatoes and finish cooking, check seasoning and add the prawns back to the dish, place in a nice serving dish, fry the eggs and place on top along with the heart shaped croutons that have been dipped in the sauce and then herbs, serve with a light red wine or good pinot gris.

Lemon Sable with marinated strawberries in their own juice.

Lemon curd

60gms of butter
50gms icing sugar
60ml lemon juice
1 egg
1 yolk

Boil butter, icing sugar and lemon juice. Whisk together the egg and egg yolk, add to the boiling mixture continue to whisk until the mixture re boils, place into a bowl to cool overnight in the fridge

Mascarpone cream

100ml cream
½ vanilla seeds scraped from pod (or 1 tsp pure vanilla essence)
20gm icing sugar
100gms mascarpone
Whisk together all the ingredients until thick

Sable (French Shortcrust Biscuits)

125g flour
100g butter
50g icing sugar
Pinch of salt
1 egg yolk

Beat the butter, salt and icing sugar, add egg yolk, mix gently taking care not to over mix, wrap in cling film and rest in chiller until required.

Roll the dough out to 3-5mm, cut and prick the pieces with a fork, rest around 15 minutes then bake at 180° until golden. Cool on cake rack

Strawberries

½ punnet strawberries
25ml sugar and water boiled then cooled to make stock syrup
Squeeze of lemon juice and icing sugar to taste

De hull the strawberries, blend ½ of them in a food processor, add the stock syrup lemon juice and icing sugar to taste, strain, chop remaining fruit and mix into sauce, keep chilled

To assemble and serve

Place a disc of sable in the centre of each plate, pipe around the outside in bulb shape with the mascarpone cream then pipe in the middle with the lemon curd place the top sable on then spoon around the strawberries and the sauce.

Optional; a little passionfruit pulp or syrup spooned around this dessert provides a splash of flavour, colour and occasion

