

BEECH OVENS

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Beech Ovens Recipe Library

Butter-Poached Organic Chicken Breast, Soy Snap Peas, Tree Ripe Purple Plum Compote, Natural Jus

Name of dish:

Butter-Poached Organic Chicken Breast, Soy Snap Peas, Tree Ripe Purple Plum Compote, Natural Jus.

Number of portions:

4

Recipe Courtesy of Chef Grant MacPherson, Scotch Myst.
<http://www.scotchmyst.com>
Butter-Poached Organic Chicken Breast

Chicken Breast	4 pc
Chicken Stock	3 cup
Onion, medium dice	½ pc
Celery, medium dice	¼ pc
Carrot, medium dice	¼ pc
Red Chili Pepper, whole	1 pc
Butter	120g
Thyme	5 sprigs
Black Peppercorn, crushed	1 tsp
Fresh Bay Leaf	1 pc

Soy Snap Peas

Snap Peas	300g
Red Onion, thinly sliced	90g
Garlic clove, sliced	1 pc
Soy Sauce	1 tbsp
Water	1 tbsp
Vegetable Oil	1 tbsp

Chicken Jus

3 tbsp

Tree Ripe Purple Plum Compote

Plum, pitted & cut into Quarters	6 pc
Sugar	60g
Water	90 ml
Honey	1.5 tbsp
Red Wine Vinegar	1 tbsp
Ginger, chopped	4g
Red Chili Pepper, minced	1 pc
Salt and White Pepper	To Taste

Method

Butter-Poached Organic Chicken Breast: In a pot, put Chicken Breast, Chicken Stock, Onion, Celery, Carrot, Salt, White Pepper, Bay leaf, Thyme, Red Chili Pepper, Butter and bring to a boil. Simmer until the Chicken is cooked.

Soy Snap Peas: In a pan over medium-high heat, warm vegetable oil. Add Soy Sauce and Sautee Snap Peas, Red Onion, Garlic. Add water and turn off heat.

Tree Ripe Purple Plum Compote: In Large saucepan, combine all ingredients. Over high heat, bring to a boil; Reduce heat to low. Simmer 40 minutes or until mixture has thickened, stirring occasionally.

Presentation

In a plate, place Butter-Poached Organic Chicken Breast, Soy Snap Peas, Tree Ripe Purple Plum Compote. Add Natural Jus.

