

Soufflé chicken with honey glazed pumpkin and olive tapenade

Farce

- Chicken breast 0.020 kg
- Coriander 0.010 kg
- Parsley 0.010 kg
- Cream 0.010 kg
- Salt 0.003 kg

Chicken

- Chicken breast 1 piece
- Butter 0.030 kg
- Rosemary 0.005 kg

Glazed pumpkin

- Pumpkin 0.200 kg
- Honey 0.020 kg
- Lemon juice 0.002 liter
- Pepper 0.002 kg
- Salt 0.002 kg
- Olive oil 0.010 liter

Olive jus

- Black olives 0.036 kg
- Anchovy paste 0.001 kg
- Garlic 0.010 kg
- Lemon juice 0.003 liter
- Olive oil 0.012 liter
- Seasoning



Preparation Method

Pre-Preparation

- preheat oven to 160 C
- wash and pluck parsley and coriander leaves, chop them roughly
- cut the chicken breast in small cubes and let it chill
- peel and cut the pumpkin into slices 1 cm thick
- whisk together butter and rosemary until softened
- cut the olives in half and remove the stone

Preparation

- place all ingredients for the farce in a food processor and process until smooth
- with a piping bag, pipe the farce between the meat and the skin of the chicken breast
- place the chicken breast on a baking tray and brush with rosemary butter
- bake it for 20 minutes or until done (160 C)
- marinate the pumpkin with olive oil, honey, salt, pepper and lemon juice and bake for 10 minutes 160 C
- mix all ingredients for the tapenade in a blender and blend until smooth paste