



STUFFED CHICKEN BALLOTINE WITH PEPPERS AND ORIENTAL-STYLE PEPPER CREAM VALENTINE'S DAY / MAIN DISH

Ingredients

(For 2 lovebirds)

- 2 chicken fillets
- 1 red pepper
- 2 cm ginger
- 1 small red onion
- 1 clove of garlic
- 1 pinch of nutmeg
- 1 pinch of powdered cloves
- 1 tsp powdered hot pepper
- 1 tsp turmeric
- 1 tsp powdered cumin
- 1 tbsp minced coriander
- 1 tbsp minced basil
- 1 dl 25% fat cream
- Coarsely ground pepper
- Salt
- Olive oil
- 1 pat of butter

Preparation:

Mince the onion and garlic. Cut the ginger into thin sticks. Wash and seed the pepper. Slice it into thin strips.

Heat a little oil in a frying pan. Gently sweat the onions and ginger without letting them brown. Season with salt. Add the spices and pepper strips. Stew over low heat for a good fifteen minutes until the pepper is very tender. Incorporate the minced herbs and leave to cool.

Open the chicken fillets and flatten them into fine sheets between two pieces of parchment paper using a rolling pin.

Place each escalope on a wide band of plastic film. Season. Spread a bit of stewed peppers along the full length of the chicken sheet, near the edge, and roll, tightening as you go along using the plastic film. Knot each end of the plastic film. Cook the ballotines for 20 minutes in gently boiling water.

As the ballotines cook, take 2 tbsp of the stewed peppers. Add the cream and mix. Warm and season to taste. Keep warm on the back burner.

Unwrap the ballotines and brown them in a frying pan with a small amount of oil and butter. Season them with the coarsely ground pepper and slice them on the bias.

Serve with a bit of pepper cream and pepper stew.