

Honey Roast Sykes House Farm Chicken Breast

rosti potatoes, red cabbage, Daleside Blonde sauce

Serves 2

Ingredients:

2 x chicken breast
½ red cabbage chopped
70 g Harrogate honey
100ml red wine
1 large peeled baking potato
40 g butter
60ml reduced beef stock
½ bottle Daleside Blonde
1 shallot

Method:

For the red cabbage:

Place the red cabbage in a medium size pan with the red wine and 50 g of the honey, cover using a piece of tin foil and cook on medium heat first for 20 minutes and reduce the heat to low and cook for another 1 hour, or until the cabbage is soft and the wine is reduced by half, reserve to one side.

***Note:** the cabbage can be cooked the day before to enhance the flavour as all the flavours from the ingredients will then have time to mix together.*

For the Rosti potato:

Grate the large baking potato into a bowl and season with salt and pepper, then mould into a patty.

Melt 10 g of butter in a frying pan and gently add the potato to the pan and cook on a medium heat until the potato is golden brown on one side then flip over to cook the other side, once cooked, reserve to one side and repeat the operation for the second rosti.

For the sauce:

Place 10 g of butter in a saucepan and melt on high heat, once melted add the shallots and saute until soft, pour in the beer and reduce by half, add the reduced beef stock and reduce until a thick, sticky sauce.

To assemble:

Preheat the oven to 180°C

Using a medium size frying pan, melt 10 g of butter on high heat, place the chicken breast skin side down and cook until golden brown. Then turn the chicken over and cook for a further 5 minutes.

Then, place in the oven and cook for 15 minutes or until the chicken feels firm. Once cooked take the chicken out of the oven and pour the remaining of the honey over the skin.

Leave to rest while preparing the other ingredients.

Reheat the red cabbage to serving temperature and place the rosti potato in the oven to heat up.

Place a Rosti potato in the centre of your plate, place a pastry cutter ring on the top and fill with the red cabbage, remove the ring and place the chicken breast on the top.

Finish the dish with the Daleside blonde sauce and serve.

Enjoy!!!