

# DECO

## ON THE MENU



### Mushroom Risotto

Pan seared & oven baked chicken breast stuffed with goat cheese & sauteed spinach, served in a brandy cream sauce

Roasted asparagus garnished with lemon zest and toasted breadcrumbs

## INGREDIENT LISTS

\*Please note that the below ingredient lists will serve 2 people and you will need to modify quantities accordingly if you require more servings\*

### MUSHROOM RISOTTO

- 150 grams carnaroli or arborio rice
- 1 liter chicken broth (can substitute for vegetable broth)
- 250 grams button mushrooms, sliced
- 2 cloves garlic, chopped
- 4 tbsp onion, finely chopped
- 1 tbsp thyme, finely chopped
- 100 ml white wine (can substitute for non-alcoholic wine if necessary)
- 100 grams butter - unsalted, diced (substitute olive oil if necessary)
- 3 tbsp grated parmesan (can omit if needed)
- 2 tbsp extra virgin olive oil
- Vegetable oil
- Salt and pepper to taste

1. Take a sauté pan and turn on high heat. Once you see the pan is hot, add vegetable oil and 1/3 of your sliced mushrooms. Sauté mushrooms until brown and transfer into a bowl. Place pan back on heat with more oil, then cook another 1/3 of the mushrooms until brown. Repeat the same process with the remaining mushrooms, adding in your chopped garlic & thyme halfway and sauté together. Once the mushrooms are ready, add to the rest and stir in salt and pepper to taste.
2. Put your pan on medium heat and add your olive oil. Once hot, add the chopped onion and sauté lightly until translucent. Then add in the rice and start stirring right away. \*Note: the key here is constantly stirring the rice so that you release the starch\*. When you see the rice is hot, add in your white wine to deglaze the pan. Once the wine has evaporated, start adding chicken broth one ladle at a time, making sure the rice is covered.
3. As you see the broth evaporate, continue to add more broth. When you are about 7-8 minutes away from the rice being cooked, add in the sautéed mushrooms.
4. In the last 4-5 minutes, you will notice the rice getting creamy. Make sure it soaks up the last ladle of broth, as you still want the rice to have a slight bite. Take the pan off the heat and add your parmesan and butter. Constantly stir to let both emulsify nicely with the rice. Check for seasoning and add some more salt & pepper to taste. Plate and serve.

### STUFFED CHICKEN BREAST

- 2 pieces boneless skinless chicken breast
- 70 grams goat cheese (can omit if needed)
- 200 grams baby spinach, chopped
- 2 cloves garlic, chopped
- 3 tbsp extra virgin olive oil
- 1 tbsp butter, unsalted (substitute for more olive oil if necessary)
- All purpose flour, to dust
- Salt and pepper to taste

1. Take a pan and turn on medium heat. Add 1.5 tbsp of olive oil to the pan and once hot, add in chopped garlic and sauté. Once cooked, add your spinach to the pan. Start stirring to ensure even cooking, as you will see the spinach start to shrink right away. Once cooked, place into a small bowl and set aside.
2. Once cooled, crumble in the goat cheese and mix together with the spinach. Add some salt and pepper to taste.
3. Place your chicken on a cutting board and turn over. Pull the tender to one side and make a slit with your knife into the chicken going the other way to create a pocket for your stuffing. Place the stuffing into the pocket and place the side with the slit over. The stuffing will be completely covered once you fold the tender back over. Season both sides of the breast with salt and pepper, then lightly coat with flour.
4. Take a pan and turn on high heat. Once hot, add your olive oil to the pan and wait 15 seconds before placing the top side of the chicken in the pan. Once golden brown, flip over and allow the chicken to sear for another minute. Take the pan off the heat and set aside (you will use this pan for the sauce). Transfer the chicken onto a baking tray lined with parchment paper and add butter on top. Pre-heat oven to 350F and bake for about 20 minutes.

### BRANDY CREAM SAUCE (CAN OMIT ALTOGETHER IF NECESSARY)

- 1.5 cups cream
  - 2 ounces brandy or whiskey (can omit if needed)
  - 1 tbsp butter, unsalted
  - Salt and pepper
1. Take the pan you seared your chicken in and turn on medium heat. Add your butter and let it pick up the flour left in the pan. Once melted, add the brandy to deglaze and start scraping the pan to pick up all the flavours. Once evaporated, add the cream.
  2. Once the cream comes to a boil, turn down to a simmer as it starts to reduce into a thick, velvety sauce. Once reduced, set aside.

### ROASTED ASPARAGUS

- 10 pieces asparagus, washed
- 2 tbsp olive oil
- 3 tbsp bread crumbs
- Half a lemon, zested
- 1 tbsp, grated parmesan (can omit if needed)
- Salt and pepper

1. Pre-heat oven to 350F-375F.
2. Trim about 1 inch off the bottom of the asparagus.
3. Place the asparagus on a tray lined with parchment paper. Drizzle olive oil, salt and pepper over the asparagus and gently toss with your hand.
4. Take a small pan and place on medium heat. Add some olive oil to the pan followed by the breadcrumbs. Then add the grated parmesan & salt and sauté until golden brown.
5. Bake the asparagus in the oven for about 12 minutes. You will know it is ready once the asparagus is soft but still crisp. Plate the asparagus and top with breadcrumbs & lemon zest.

