
Chicken Wrapped Around Asparagus

*Chef Roger P Michel - Hyatt Sarasota - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 1

6 ounces boneless/skinless chicken breast

white pepper (to taste)

salt (to taste)

8 medium asparagus

1 sprig basil leaves

1/2 cup chicken stock

1 1/2 ounces Neufchatel cheese

PILAF

1 tablespoon safflower oil

1/4 ounce diced onion

1/2 cup chicken stock

1/2 ounce wheat berries (or blackberries or blueberries)

2 tablespoons cous cous

1 tablespoon chopped parsley

Pound the chicken breast. Peel the asparagus and blanch until just crisp.

Remove four asparagus. Shock them with cold water. Cook the remaining asparagus until soft.

Season the chicken with salt and white pepper.

Place four asparagus in the center of the chicken breast. Roll the breast firmly over the asparagus, in a sausage shape.

Wrap the chicken breast tightly with plastic wrap.

Poach the chicken 4 to 7 minutes in boiling water. Remove from the heat.

In a saucepan, reduce the chicken stock by half. Place the stock and remaining four asparagus into a blender or food processor. Puree until smooth. Return to the pan. Bring to a boil and stir in the Neufchatel cheese.

Make the rice pilaf: In a skillet, saute' the onion in safflower oil. Add the chicken stock. Bring to a boil. Add the cous cous until dry. Add the wheat berries and chopped parsley. Adjust the seasonings to taste.

To assemble the plate: Spoon asparagus sauce onto the plate. Slice the chicken breast into four rounds. Arrange over the sauce. Serve with the rice pilaf.

Chicken

Per Serving (excluding unknown items): 286 Calories; 24g Fat (76.2% calories from fat); 8g Protein; 9g Carbohydrate; 3g Dietary Fiber; 32mg Cholesterol; 2322mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 4 Fat.